Jacksonville Tomato Recipes

H.O.P.E.

Helping Others Pursue Enrichment

7-20-01

To - Dee

From - The Jacksonville
Tomato Fairy

Jacksonville Tomato Recipes

A Collection of Recipes by

H.O.P.E.

Helping Others Pursue Enrichment

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Dedication

H.O.P.E., Inc. proudly presents this cookbook in recognition of Jacksonville's rich history in the tomato industry. East Texas is one of the greatest tomato producing areas in the world. During the month of June, Jacksonville observes the growing of the tomato by hosting the "Tomato Fest". This observance is essentially a campaign to acquaint the public with the fine food qualities of tomatoes, their energy-giving vitamins and their many uses.

This special edition is also in honor of H.O.P.E.'s Tenth (10th) Anniversary of service in the community. H.O.P.E., Inc., (Helping Others Pursue Enrichment) was born in 1991 through the union of a small number of concerned citizens in response to the unmet needs of the less fortunate in our area. Initially their goal was to pool funds and community resources to provide assistance through a networking system designed to prevent duplication of service. This system has been very successful. Today our organization has expanded to become a multi-purpose service center to meet the needs of the indigent in a "one-stop shopping" manner. The Raymond and Eloise Teague Center of H.O.P.E. opened its doors with offices for H.O.P.E., Inc., as well as offices for other "helping" programs. The local food pantry was relocated from the First Presbyterian Church to the Center, as well as a brand new Soup Kitchen. These services are meeting the needs for emergency assistance, but we have developed other programs that address other issues of concern to our neighbors, such as quality and affordable childcare for working parents, prescription assistance program for the elderly. Whatever the need, we are working in our community to improve the quality of life for our neighbors.

The mission of H.O.P.E. is to help - with a "hands up" approach, rather than a "hand out". Our grass roots community based organization is volunteer driven. All of our programs and services depend on volunteer support, which is supervised by a small staff.

This cookbook is dedicated to those who brought the tomato industry to Jacksonville, and to those who came after them to contribute these wonderful recipes.

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Appetizers & Beverages

Favorite Recipes

Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.

- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!

- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.

- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.

- Always chill juices or sodas before adding to beverage recipes.

- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.

- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.

- One lemon yields about ¼ cup juice; one orange yields about ⅓ cup juice. This is helpful in making fresh orange juice or lemonade!

- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.

- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.

- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

- Cheeses should be served at room temperature, approximately 70°.

APPETIZERS & BEVERAGES

CHILI SAUCE

Peggy M. Rosamond

1 gal. ripe tomatoes
2 c. chopped red sweet pepper
1 pod hot pepper
1 T. mustard seed
1 T. celery salt
1 c. sugar
2 c. chopped onion
3 T. flour
3 T. mixed spices
2½ c. vinegar

Wash and drain vegetables. Scald, core, peel and chop ripe tomatoes. Peel onions; chop. Remove seeds from sweet pepper; chop. Seed chopped hot pepper. Mix all ingredients, except spices and vinegar. Boil 45 minutes. Add spices, tied in a bag. Boil until very thick. Add vinegar and boil until thick as desired. Pour boiling hot into hot scalded jars and seal at once. Makes about 6 pints. One-half sweet peppers may be green, according to preference.

GREEN TOMATO RELISH

Peggy M. Rosamond

1 peck green tomatoes
1 qt. onions
3 green bell peppers
3 red bell peppers
1 c. salt
Black pepper (as desired)

Chop tomatoes, peppers and onions up fine. Add salt and let set overnight, then drain. Add equal parts water and vinegar to cover. Boil 1 minute and drain. Add:

5 c. sugar
1 qt. vinegar
½ tsp. allspice
½ tsp. cinnamon
½ tsp. cloves

Boil 20 minutes. While hot, pack in hot jars and seal.

SALSA HOT SAUCE

Jo Ann Bass

5 qt. tomatoes
2 T. sugar
1 c. cider vinegar
1 tsp. pepper
1 T. garlic powder
2 lg. onions, chopped
2 T. salt
1 jalapeño pepper or 1½ tsp. chili pepper

Scald and peel tomatoes. Cut into chunks. Mix all ingredients in a deep stew pan and cook until thick, simmering and stirring often with a flat spatula to keep from sticking. You may vary spiciness by adding chili peppers to taste. Seal hot in hot jars. Water bath 5 minutes, if preferred. Will keep well without it.

HOT SAUCE

Lois Davis

5 to 6 med. tomatoes, quartered
3 to 4 jalapeño peppers (3 is warm, 4 is hot)
¼ c. white vinegar
1 tsp. salt
¼ c. chopped onion
1 tsp. sugar

Fill food processor to line with unpeeled, quartered tomatoes. Mix all ingredients together in food processor. Cook to desired thickness, about 2 hours. Makes 1 pint. Repeat ingredients for more sauce. Fill hot sterilized jars with sauce. Store in cool, dark place.

JALAPEÑO SAUCE

Judy Johnson

Chop:

8 onions
6 garlic cloves
2 bell peppers
15 ripe tomatoes
1 to 3 c. green peppers

Add:

1 c. sugar
1 c. vinegar
4 T. black pepper
4 T. salt
1 c. Wesson oil

Mix all together and cook 30 minutes, or until thick. Makes 7 pints. Serve with chips or add to any of your favorite Mexican dishes.

MYRA'S HOT SAUCE

Evelyn Taylor

3 qt. tomatoes
2 med. onions, chopped
½ c. sugar
1 bell pepper, chopped
¼ c. salt
½ c. celery, chopped

Simmer all ingredients until thick. Put in jars and water bath for 10 to 15 minutes.

RED HOT MEXICAN DIP

Tenia Wathen

3 ripe tomatoes
3 serena peppers or any fresh hot peppers
Salt and pepper

Boil tomatoes and peppers whole until the tomatoes are soft, not mushy. Drain water from tomatoes and peppers. Put in blender. Blend until mixed. Season to taste. Serve warm with tortilla chips. Makes about 1½ cups, depending on the size of tomatoes.

PICO DE GALLO

Anna Hill

2 avocados, chopped
1 c. onions, chopped
½ tsp. pepper
1 T. lemon juice
2 fresh green chiles, chopped
2 tomatoes, finely chopped
1½ tsp. salt
1 T. cilantro, chopped
2 T. bottled Italian dressing

Mix together and serve on folded up corn tortillas. It's good without the chiles if you don't like it hot.

HOT SUMMER SALSA

Helen F. Crawford

8 c. peeled, cored, chopped fresh tomatoes
1 to 2 c. seeded and chopped fresh jalapeño peppers (use more or less to taste)
2 c. chopped onion
8 cloves garlic, minced
½ c. chopped fresh cilantro
1 T. salt
¾ c. cider vinegar
¼ c. fresh lime juice

Combine all ingredients in a large pot. Bring to a boil over medium-high heat. Reduce heat and simmer about 10 minutes. Pour hot salsa into hot pint jars, leaving ¼-inch headspace. Seal jars with 2-piece caps. Process in a boiling water bath for 15 minutes. Makes 4 to 5 pints.

MEXICAN DIP

Louise Pierson

1 lg. can refried beans
2 T. picante sauce
2 lg. avocados
2 to 3 diced tomatoes
Green onions
1 lg. can bean dip
8 oz. cream cheese
Monterey Jack cheese with jalapeños
Black olives

Mix beans, dip and picante sauce together. Spread in a 9 x 13-inch pan. Blend cream cheese and avocados. Spread over bean mixture. Grate cheese on top; add layer of diced tomatoes, chopped green onions and chopped black olives.

BARBECUED MEATBALLS

Barbara Hugghins

1½ lbs. ground meat
½ c. quick oats
½ c. chopped onion
½ c. milk
Salt and pepper
1 can tomatoes
2 T. Worcestershire sauce
3 T. vinegar
2 T. sugar
1 tsp. chili powder

Mix together ground meat, oats, onion, milk, salt and pepper and shape into meatballs. Roll in flour and brown in oil. Mix together tomatoes, Worcestershire sauce, vinegar, sugar and chili powder. Pour over meat-

(continued)

balls. Cover and simmer 1 hour. (These are nice with noodles, rice or mashed potatoes.) They freeze well.

THE HOUSEHOLD

Helen F. Crawford

3 to 4 tomatoes (firm, fresh), sliced thick
2 T. olive oil
2 T. white sugar
½ T. salt, made from mustard
Pinch cayenne pepper
3 T. vinegar

Mix all the ingredients together for a sauce. Boil up quickly and it is ready. Pour over tomatoes. Arrange the sliced tomatoes. Broil quickly. Pour the sauce over the tomatoes. Deviled tomatoes may be served from the chafing dish, roasted in the blazer with a little melted butter instead of being broiled.

BLT BITES

Helen F. Crawford

16 to 20 cherry tomatoes
1 lb. bacon, cooked and crumbled
½ c. mayonnaise or salad dressing
⅓ c. chopped green onions
3 T. grated Parmesan cheese
2 T. snipped fresh parsley

Cut a thin slice off of each tomato top. Scoop out and discard pulp. Invert the tomatoes on a paper towel to drain. In a small bowl, combine the remaining ingredients; mix well. Spoon into tomatoes. Refrigerate for several hours.

PARTY SNACKS (Trash)

Erma Carpenter

2 c. Rice Chex
2 c. Corn Chex
2 c. Crispix
2 c. pretzels
2 c. Bugles
2 c. Honeycomb
21 oz. mixed nuts
2 T. Worcestershire sauce
1 T. Accent
1½ tsp. garlic powder
1½ tsp. paprika
1½ tsp. celery salt
1 stick margarine
½ tsp. cayenne pepper

Melt margarine in large pan. Add seasonings and mix well. Add cereals and nuts and stir until well coated. Bake 45 minutes in 250° oven, turning every 15 minutes. Cool on paper towel. Store in tightly closed container.

SESAME CHEESE TOMATOES

Norma Tilley

3 lg. tomatoes
1 c. shredded cheddar cheese (4 oz.)
2 T. butter
3 T. sesame seed
¼ c. soft bread crumbs
Salt and pepper

Cut 3 large tomatoes in half horizontally. Place in a shallow baking pan, cut side up. Salt and pepper. In mixing bowl, blend cheese, butter, sesame seed and bread crumbs. Broil tomatoes about 10 minutes. Top each with about 1½ to 2 tablespoons cheese mixture. Broil 2 to 3 minutes, or until slightly browned.

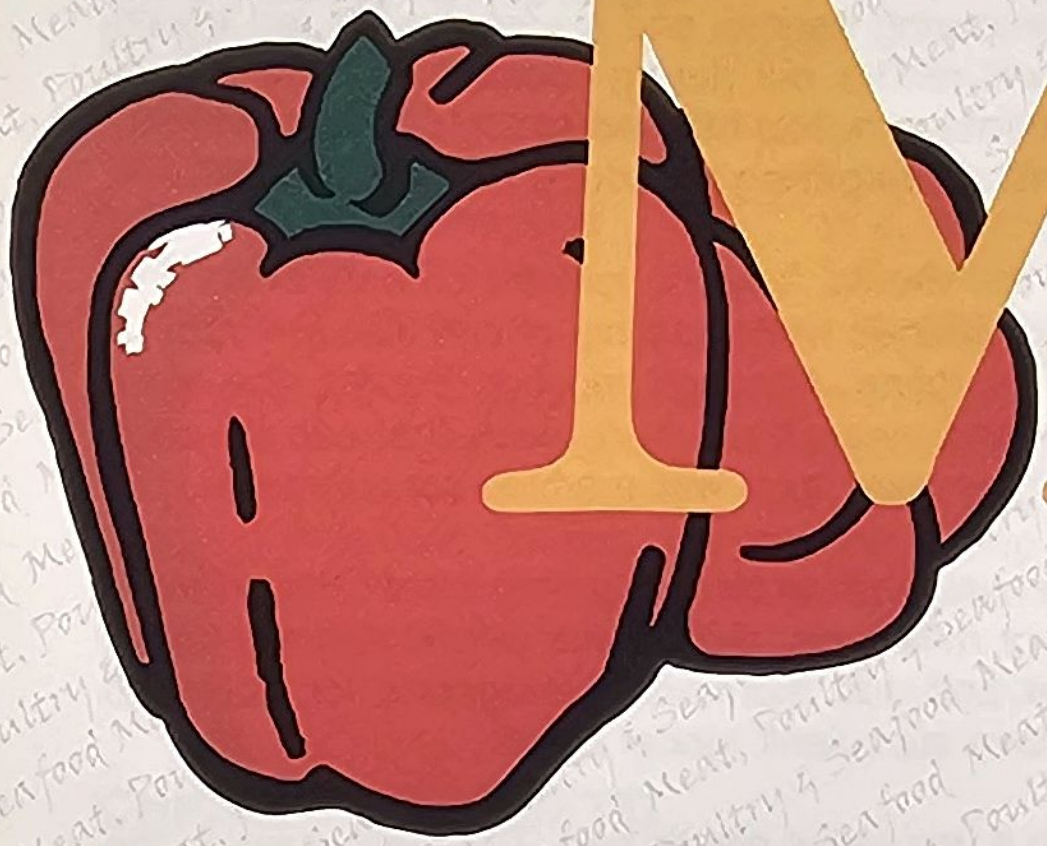
BLACK-EYED PEA DIP

Nelda Gwartney

2 cans black-eyed peas
½ bell pepper, finely chopped
1 lg. onion, finely chopped
2 stalks celery, finely chopped
2 tsp. Tabasco sauce
1 tsp. garlic
½ c. ketchup
2 jalapeño peppers
1 (No. 202) can tomatoes
2 chicken bouillon cubes

Combine all ingredients in a saucepan. Bring to a boil and let simmer. Serve with Tostitos or corn bread for lunch on New Year's Day.

Recipe Favorites



My

Favorite Recipes

Meat, Poultry & Seafood

Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

- When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well marbled cuts of meat.

- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you'll have succulent, tender meat.

- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.

- It's easier to thinly slice meat if it's partially frozen.

- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.

- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.

- When frying meat, sprinkle paprika over it to turn it golden brown.

- Thaw all meats in the refrigerator for maximum safety.

- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.

- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.

- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.

- Scaling a fish is easier if vinegar is rubbed on the scales first.

MEAT, POULTRY & SEAFOOD

MODELLE'S CHICKEN SPAGHETTI

Barbara Hugghins

2 fryers, cooked, boned and cut up (reserve broth)
5 pieces celery, chopped
1 bell pepper, chopped
2 onions, chopped
2 cans tomatoes, puréed
1 can mushroom soup
½ c. Worcestershire sauce
1 lb. American cheese
1 lg. pkg. spaghetti

Cook celery, bell pepper and onions in ½ cup of the chicken broth until soft. Add 3 or 4 cups broth or more, tomatoes, mushroom soup and Worcestershire sauce. Cook 1 hour. Add salt, pepper, chicken and 1 pound American cheese. Stir to melt cut-up cheese and blend in ingredients. Cook one large package spaghetti as directed and drain. Combine with chicken mixture.

CHICKEN SPAGHETTI

Mary McRae

1 fryer or 4 chicken breasts
2 lg. onions
1 pt. tomatoes
1 sm. can mushrooms
1 med. size pkg. spaghetti
¾ lb. Velveeta cheese
1 c. ripe sliced olives
6 bay leaves
2 T. Worcestershire sauce
2 T. flour

Boil chicken until very done. Reserve broth. Cut chicken in cubes. Melt ½ stick oleo. Cut onions and add. Let simmer. Drain tomatoes and add. Then add 1 quart broth and 1 tablespoon Worcestershire sauce. Make a paste with 2 tablespoons flour and add bay leaves. Simmer 30 minutes. Grease pan with butter and place layers of spaghetti, chicken, cheese, olives and mushrooms. Pour mixture in and bake in 325° oven for 1 hour.

TOMATO PORK CHOPS

Terrie Yielding

4 thick-sliced pork chops (about 1 inch)
2 T. oil
2 (8-oz.) cans tomato sauce
⅓ c. finely chopped celery
⅓ c. finely chopped onion
½ c. water
2 T. brown sugar
1 T. lemon juice
½ tsp. salt
½ tsp. dry mustard
⅛ tsp. pepper

Brown chops in oil and place in shallow baking dish. Combine remaining ingredients and pour over pork chops. Cover and bake at 350° for about 1¼ hours, or until chops are tender.

CHICKEN WITH ITALIAN TOMATOES & SAUSAGES

Kathy Abbott

4 T. olive oil
¾ c. finely diced onion
1 clove finely chopped garlic
4 Italian sweet sausages
2 to 2½ lbs. chicken thighs
1 c. canned Italian plum tomatoes, drained
Salt and pepper

Sauté the finely diced onion and garlic in 2 tablespoons of the olive oil for 5 minutes. Remove to a small bowl and set aside. In the same skillet, sauté the sausages in the remaining olive oil until brown. Remove from the skillet and, when cool, cut into 2-inch lengths. Dry the chicken and season well with salt and pepper. Sauté a few pieces of chicken at a time in the olive oil remaining in the skillet and remove them to a platter when browned. Pour off all but 1 tablespoon of the fat. Add the onions, garlic, sausage and the tomatoes and scrape up all the brown bits from the bottom of the skillet. Return the chicken pieces to the pan, turning them to coat them with the sauce. Simmer, covered, for 45 minutes. Season with salt and pepper. Thicken sauce, if desired, with 2 tablespoons butter and 4 tablespoons flour kneaded into a paste. Add small pieces of mixture and whisk into hot liquid.

CROCKPOT ROAST

Dolores Thurman

1 (3-lb.) roast (such as round or rump)
½ env. Lipton onion soup mix
¼ c. catsup
¼ c. dry red wine
2 tsp. Dijon-style mustard
1 tsp. Worcestershire sauce
1 clove garlic, minced

Trim visible fat from roast and place in crockpot. Combine Lipton onion soup mix, catsup, wine, mustard, Worcestershire sauce and minced garlic. Pour over meat in crockpot. Cook on low 5 to 6 hours, or until meat is tender. When done, remove meat. Cool 5 to 10 minutes, then slice. If desired, gravy may be thickened with flour or cornstarch.

MARINATED BEEF IN PITA BREAD

Alice Shields

½ lb. sliced deli roast beef, cut into strips
1 c. finely chopped red onion
2 T. chopped parsley or cilantro
⅓ c. olive oil (vegetable oil is okay)
4 T. red wine or balsamic vinegar
1 tsp. dry mustard
Garlic salt and pepper to taste
Leaf lettuce
Sliced tomato
3 pita breads, cut in half

In large bowl, combine beef, onion and parsley. In small bowl, mix well the oil, vinegar and mustard. Stir into meat mixture. Season with garlic

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salt and pepper. Cover and chill 1 hour. Drain marinade from beef. Split each pita bread to form a "pocket". Into each pocket, layer lettuce, sliced tomato and beef. Makes 6. **Preparation time:** About 20 minutes. **Chilling time:** About 1 hour.

CATFISH WITH TOMATO-JALAPEÑO CHUTNEY

Zoe Ann Conway

4½ c. Kellogg's corn flakes
¾ c. milk
¼ tsp. salt
Vegetable cooking spray
½ c. chopped onion
2 T. Tabasco green pepper sauce
¼ c. chopped celery
¾ c. water
1 egg, beaten
4 catfish fillets
1 T. vegetable oil
½ c. green bell pepper
1 clove garlic, minced
1 (6 oz.) tomato paste

Preheat oven to 350°. Place crushed corn flakes in shallow dish. In another dish, combine milk, egg and salt; stir until mixed well. Dip fish into egg mix, then coat with corn flakes. Place into egg mix, then coat with corn flakes. Place on greased baking sheet and spray fish lightly with spray. Bake 25 to 30 minutes, or until fish flakes easily when tested with a fork. Meanwhile, prepare Tomato Chutney. Heat oil in pan over medium heat. Stir in onion, bell pepper, celery and garlic. Cook 5 minutes. Add water, tomato paste and Tabasco sauce. Mix well. Simmer 8 to 10 minutes longer, stirring often. Serve with catfish. Serves 4.

EASY BAR-B-QUE CHICKEN

Zoe Ann Conway

1 fryer, cut up
1 c. ketchup
1 c. Coca-Cola

Place cut-up fryer in bottom of skillet. Add ketchup and Coke and cook over medium heat until chicken is tender.

TOMATO SOUTHWEST SNAPPER

Betty Hall

1 lb. red snapper
½ c. picante sauce
1 med. tomato, chopped
¼ c. sliced green onions
¼ c. chopped cilantro or parsley
¼ c. sliced ripe olives
Lime wedges

Place fish in baking dish. Sprinkle with salt and pepper. Cover and bake at 400° or until fish flakes with fork, about 10 minutes per inch of thickness. Spoon picante sauce over fish. Top with tomatoes and green onions. Bake, uncovered, until heated through, about 5 minutes. Sprin-

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kle with cilantro or parsley and olives. Serve with lime wedges and additional picante sauce. Serves 4.

SICILIAN SKILLET CHICKEN

Karen Wofford

4 boneless, skinless chicken breasts
6 T. grated Parmesan cheese
3 T. flour
2 T. olive oil
1 c. sliced mushrooms
½ onion, chopped
½ tsp. rosemary
1 (14-oz.) can Italian stewed tomatoes

Mix the Parmesan cheese and flour together. Coat chicken breasts. Salt and pepper to taste. In skillet, cook chicken breasts in olive oil over medium-high heat until done. Remove from skillet. In same skillet, cook onion, mushrooms and rosemary until soft. Add tomatoes and cook until thickened. Spoon over chicken. Top with additional Parmesan cheese and chopped parsley. Serve with rice. Makes 4 servings.

SAM LUSK'S BAR B QUE SAUCE

Marie Stewart

3 T. margarine (salad oil)
⅓ c. minced onion
1 c. ketchup
⅓ c. vinegar and lemon juice
½ c. water
2 T. brown sugar
2 tsp. prepared mustard
2 T. Worcestershire sauce
⅛ tsp. salt

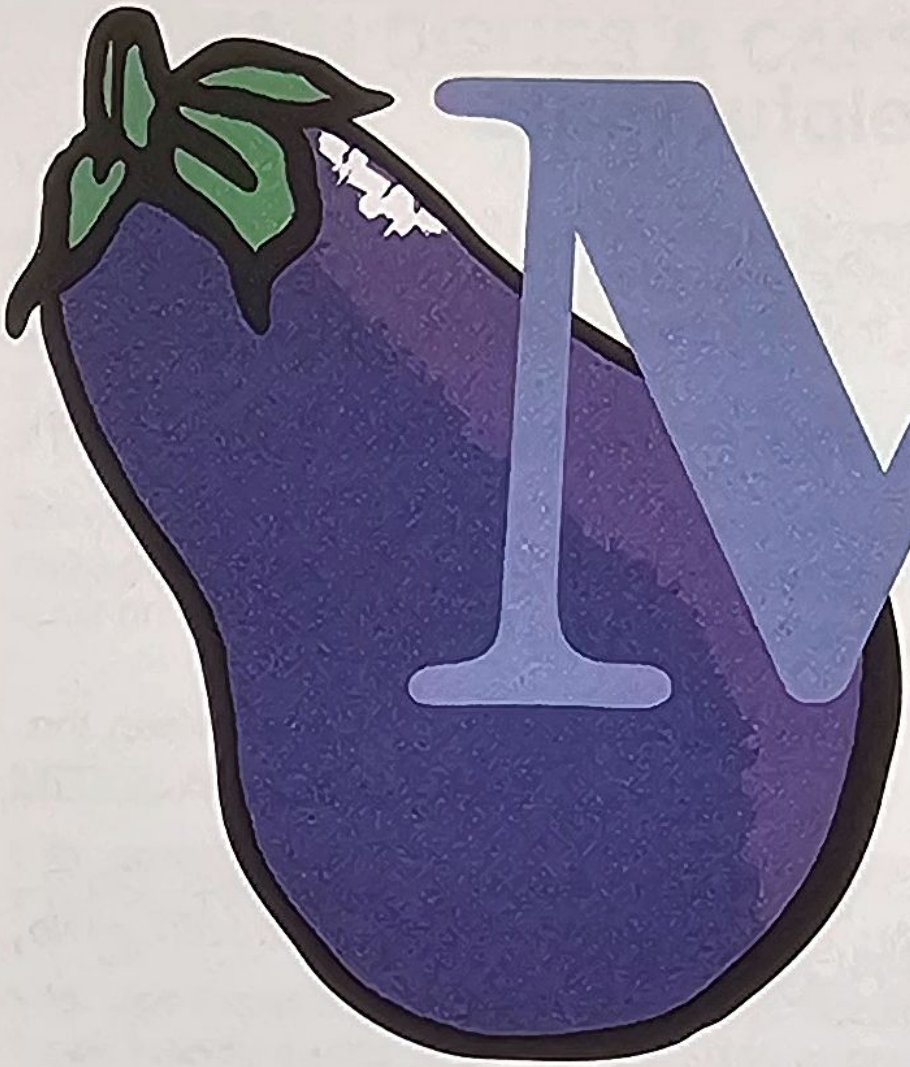
Cook onions in butter until tender, not brown. Add rest of ingredients. Simmer, covered, about 10 minutes. Makes 2 cups.

OVEN-BAKED STEAK FAJITAS

Zoe Ann Conway

2 T. vegetable oil
1 tsp. salt
1 lb. flank steak, cut into thin strips
1 (14.5-oz.) can diced tomatoes with mild green chilis
1 each med. green and red bell pepper and onion, cut into thin strips
Hot sauce (opt.)
10 flour tortillas (fajita size)
2 tsp. each chili powder and ground cumin

In a 9 x 13-inch baking dish, combine oil, chili powder, cumin and salt. Add steak, tomatoes, peppers and onions; mix well. Bake, uncovered, in a preheated 400° oven for 25 minutes. Serve wrapped in warm tortillas.



My Favorite Recipes

Main Dishes & Casseroles

Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.

- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.

- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.

- A few drops of lemon juice added to simmering rice will keep the grains separated.

- Green pepper may change the flavor of frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion and salt get milder.

- Don't freeze cooked egg whites; they become tough.

- Spray your grill with vegetable oil to prevent sticking.

- Instant potatoes are a good stew thickener.

- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.

- Store dried pasta, rice (except brown rice) and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.

- Glazed pottery, earthenware, glass, metal - all can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to complement your tableware. The type of container you use makes very little difference, as long as it is heatproof.

- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.

- To keep boiled lasagna noodles from sticking together as they cool, keep the noodles separate by draping them over the rim of a pot.

MAIN DISHES & CASSEROLES

CHILI

Zoe Ann Conway

4 lbs. ground beef
Salt, red pepper, black pepper
3 T. chili powder
1 c. water
1 (10-oz.) can Ro-Tel tomatoes
1 (15-oz.) can chili beans
5 (8-oz.) cans tomato sauce
1 T. cooking oil
1 lg. onion, chopped
1 sm. bell pepper, chopped

Brown meat in cooking oil until all redness is gone. Place meat in a large pot. Season to taste and add all remaining ingredients. Cover and cook on low heat for 3 hours.

MEXICAN LASAGNA

Shirley Reese

1 lb. ground meat
1 (1¾-oz.) env. chili mix
1 T. oil
1 lg. can tomatoes, diced
1 can kidney beans
½ c. water
½ c. chopped onion
½ lb. lasagna noodles
2 c. cottage cheese
1½ c. grated cheddar cheese

Cook ground meat, onion, chili mix, oil, tomatoes, beans and water in skillet until meat is brown. Set aside. Cook noodles according to package instructions. Alternate layers of noodles, meat sauce, cottage cheese and grated cheddar cheese in 3-quart baking pan. End layers with meat sauce and top with remaining cheddar. Bake, uncovered, for 30 minutes. Let stand 15 minutes before serving. Serves 6.

BEEF GOULASH

Carolyn Arnold

2 lbs. ground beef
1 (12 oz.) diced tomatoes
1 (12 oz.) whole tomatoes
1 (12 oz.) tomato sauce
2 pkgs. taco seasoning
1 lg. bell pepper, diced
1 lg. onion, diced
1 pkg. frozen vegetable gumbo mix

Brown ground beef and drain. Add diced onion, bell pepper and taco seasoning. Stir in cans of diced tomatoes, whole tomatoes, tomato sauce and frozen vegetable gumbo mix. Simmer until vegetables are done.

SAUSAGE CASSEROLE

Pam Crow

1 can tomatoes
½ c. chopped onions
1 pkg. Eckerd sausage
4 c. cooked rice
½ c. chopped green peppers
Garlic salt and pepper to taste

Brown sausage, onions and green peppers in small amount of oil. Add tomatoes and heat. Pour into a large casserole dish and add rice. Mix and add garlic salt and peppers to taste.

CORNY CASSEROLE

Anna Hill

¼ c. green pepper, chopped
2 T. onion, chopped
1 lb. lean ground beef
1 T. shortening, melted
1 (12-oz.) can yellow whole kernel corn, undrained
1 (16-oz.) can tomatoes
1½ tsp. salt
⅛ tsp. pepper
1 T. soy sauce
1 c. elbow macaroni, uncooked

Brown green pepper and onion in shortening in large skillet. Brown and drain ground meat and add to green peppers and onion. Stir in corn, tomatoes and seasonings; cover. Simmer over low heat about 20 minutes, stirring occasionally. Uncover; stir in macaroni. Simmer an additional 10 minutes, or until macaroni is tender, stirring occasionally. Yield: 4 to 6 servings.

WESTERN HASH

Anna Hill

1 lb. ground beef
1 (1-lb. 12-oz.) can tomatoes
1 c. chopped green pepper
½ c. chopped onion
½ c. uncooked rice
½ tsp. salt
½ tsp. basil
Dash pepper
¼ lb. Velveeta, sliced

Brown ground meat in electric skillet and drain; add canned tomatoes, green pepper, onion, rice, salt, basil and pepper. Cover and simmer 25 minutes, stirring occasionally. Top with cheese and heat until melted. Yield: 4 servings.

VEGETARIAN CHILI

Billie Hopson

1 T. oil
1 clove garlic, chopped
1 lg. onion, chopped
1 bell pepper, chopped
1 carrot, grated
2 cans kidney beans
2 cans Italian tomatoes
2 cans green chilies
¼ c. bulgur wheat

Sauté garlic, onion, bell pepper and carrot in oil. Add kidney beans, tomatoes, green chilies and bulgur wheat. Season with chili powder, oregano and red pepper sauce.

LASAGNA

Barbara Hugghins

1 lb. sausage
1 chopped onion
2 T. parsley flakes
1 tsp. sugar
1 tsp. dried basil leaves
½ tsp. salt
1 (16-oz.) can whole tomatoes
1 (15-oz.) can tomato sauce
12 uncooked lasagna noodles
1 (16-oz.) ctn. cottage cheese
¼ c. Parmesan cheese
1 T. parsley flakes
1½ T. dried oregano leaves
¼ c. grated Parmesan cheese
2 c. shredded mozzarella cheese

Combine sausage, chopped onion, 2 tablespoons parsley flakes, sugar, dried basil leaves, salt, canned whole tomatoes and tomato sauce. Cook for 45 minutes. Mix together cottage cheese, Parmesan cheese, 1 tablespoon parsley flakes, oregano leaves, mozzarella cheese and Parmesan cheese. Layer sausage mixture, cheese mixture and noodles and cook until bubbly, 30 minutes or more, at 350°.

HOME-STYLE SPAGHETTI & MEAT SAUCE

Terrie Yielding

1 lb. ground beef
1 med. onion, chopped
1 clove minced garlic
1 (6-oz.) can tomato paste
6 oz. water
1 (8-oz.) can tomato sauce
1 c. chopped canned tomatoes
¼ tsp. pepper
1 tsp. oregano
1 sm. can mushrooms (opt.)
2 tsp. salt
1 T. Worcestershire sauce
2 T. brown sugar
1 T. lemon juice

In large skillet or Dutch oven, brown beef, onions and garlic. Add all remaining ingredients in order and simmer over low heat for about 30 minutes. Serve over pasta. Freezes well.

SUNBURST STIR-FRY

Cathy Nichols

Stir-Fry Ingredients:

1 (20-oz.) can pineapple chunks, drained
½ cake extra-firm tofu or 2 boneless, skinless chicken breasts
2 lg. cloves garlic, minced
2 T. fresh gingerroot, grated or minced
1 T. vegetable oil
2 med. carrots, thinly sliced
1 green bell pepper, slivered
1 lg. onion, slivered
1 lg. or 2 sm. tomatoes, cut in ¼-to ½-inch wedges

Sauce Ingredients:

½ c. pineapple juice
⅓ c. soy sauce
⅓ c. chicken broth
1 to 2 T. cornstarch, mixed in equal amounts of cold water and chicken broth

Heat oil in large skillet and sauté chicken or tofu until lightly browned. Remove and reserve. Add onion and sauté until clear. Add carrots and bell pepper and sauté 2 to 3 minutes. Add garlic, ginger and pineapple; return chicken and simmer about 3 to 5 minutes. Add sauce ingredients except cornstarch. Bring to boil for about 1 minute and add cornstarch. Cool about 2 minutes, until thick and clear. Remove from heat and add tomatoes. Serve over rice.

BLACK-EYED PEA CASSEROLE

Texas National Bank

1 lb. ground beef, cooked and drained
2 c. cooked white rice
2 (16-oz.) cans Trappey's jalapeño black-eyed peas
1 (16-oz.) can tomatoes, drained and chopped
1 onion, chopped
Salt and pepper to taste
¼ lb. cheese, grated

Combine all ingredients except cheese and spoon into a 2-quart casserole dish coated with cooking spray. Sprinkle cheese over top. Bake at 350° for 30 minutes, or until hot.

BISCUIT BURGER BAKE

Anna Hill

1 lb. ground beef
⅓ c. onion, chopped
1 can condensed tomato soup
½ soup can water
1 T. prepared mustard
1 T. Worcestershire sauce
2 tsp. prepared horseradish
1 tsp. salt
Few grains pepper
1 pkg. refrigerated biscuits

Brown and drain ground beef. Sauté onions until wilted and add ground beef and onions to 2½-to 3-quart ovensafe skillet. Add soup, water, mustard, Worcestershire sauce, horseradish, salt and pepper. Simmer

(continued)

for 15 minutes. Arrange biscuits on top of burger mixture and bake in a 450° oven for 12 minutes. Serve from skillet.

HAMBURGER PIE CASSEROLE

Dorothy Stolze

1 lb. hamburger
1 sm. onion
1 (16-oz.) can French-cut green beans
1 (24-oz.) can diced tomatoes
Mashed potatoes (scratch or instant)

Fry hamburger and cut up onion until hamburger is brown; drain (season hamburger). Put in casserole. Also put in green beans and tomatoes; mix. Make instant or from scratch mashed potatoes, enough to cover top of casserole. Bake at 350° for 30 to 40 minutes, or until hot.

GREEN TOMATO PIE

Peggy M. Rosamond

5 to 6 med. green tomatoes
¾ c. sugar
Nutmeg
¼ c. vinegar
1 (9-inch) pie shell
2 T. all-purpose flour
Butter

Peel, cut out stem of tomatoes. Line. Mix sugar and flour. Slice tomatoes very thin. Fill pie shell about ⅓ full; sprinkle with nutmeg, ⅓ flour mixture and dot with butter. Slice more tomatoes until pie plate is heaping. Sprinkle with nutmeg, rest of flour mix and dot with butter. Pour over tomatoes ¼ cup vinegar before adding top crust. Prick and bake 30 minutes in a 350° oven, or until crust is golden brown. Serve hot. Yield: 6 to 8 servings.

PITA PIZZAS

Zoe Ann Conway

4 whole-wheat mini pizzas
½ c. fat-free tomato sauce
½ c. shredded mozzarella cheese
10 pitted Kalamata olives, sliced
1 tsp. dried oregano
1 tsp. fresh garlic, minced
1 tsp. fresh parsley
½ tsp. red pepper flakes

Heat broiler. Cut pitas in half horizontally and arrange, cut side up, on broiler pan. Spread 1 tablespoon tomato sauce on each pita; sprinkle with cheese. In bowl, combine next 5 ingredients (olives, oregano, parsley, garlic and red pepper flakes); sprinkle on top of cheese. Broil 2 inches from heat source 2 to 3 minutes, or until cheese melts.

TOMATO PIE

Doris Claiborne

1 (9-inch) pie crust, unbaked
¼ c. mayonnaise

Brush mayonnaise over pie crust. Bake at 450° for 5 minutes.

4 c. sliced half-green tomatoes

Place in pie shell. Sprinkle over tomatoes the following ingredients:

¼ tsp. garlic salt
½ c. mayonnaise
⅓ c. grated Monterey Jack cheese
¾ tsp. salt
Dash pepper
⅓ c. Parmesan cheese

Spread over tomatoes. Bake at 350° for 30 to 40 minutes.

TANGY TOMATO PIE

Jamie Durrett

1 (9-inch) pie shell, unbaked
3 med. tomatoes, peeled and sliced
1 tsp. chopped green onion
¾ c. mayonnaise
1 (4-oz.) can sliced mushrooms
1 tsp. finely chopped green pepper
1 c. grated cheddar cheese

Sprinkle pie shell with basil. Prick and bake 10 minutes, until lightly browned. Arrange ½ tomato slices in pie shell. Combine mayonnaise, cheese, green onion and green pepper. Spread half of the mixture over the tomatoes and repeat layers. Bake at 350° for 35 minutes. Yield: 6 main course servings.

TOMATO, MACARONI CHEESE BAKE

Jodi Watson

1 sm. pkg. lg. elbow macaroni
1 c. canned milk
2 T. flour
2 T. butter
Tomato wedges
2 c. shredded colby or colby-Jack cheese
Canned Parmesan cheese

Preheat oven to 350°. Boil macaroni and drain. Make white sauce from the butter, flour and milk (salt as desired). Pour white sauce mixture over cooked macaroni. Fold in half of shredded cheese or more, if desired. Place in greased casserole dish. Top with remaining cheese. Place tomato wedges around dish and one in center. (Cherry tomatoes work well.) Sprinkle with black pepper. Top with Parmesan cheese. Bake in oven 15 to 20 minutes, until bubbly.

CILANTRO, JALAPEÑO & TOMATO RICE

Laurie Brown

2 lg. tomatoes, peeled, seeded and chopped
2 cloves garlic, minced
1 sm. red onion, chopped
1 jalapeño pepper, seeded and chopped
1 tsp. salt
1 c. each chopped fresh mint and cilantro
2 T. red wine vinegar and olive oil
1½ tsp. salt
1 c. long-grain basmati rice

Combine tomatoes, garlic, onion, pepper, mint, cilantro, vinegar, oil and 1½ teaspoons salt in a large bowl. Set aside for 1 hour. Cook rice. Bring 2 cups cold water to a boil in a 1-quart pot. Add the 1 teaspoon salt and stir in the rice. Cover and lower heat to very low. Simmer for 20 minutes, or until water has been absorbed. Toss rice with the tomato mixture. Serve at room temperature. Serves 4 to 6.

ZUCCHINI STUFFED WITH SAUSAGE & SAUCE

Laurie Brown

4 zucchinis, halved lengthwise
½ lb. hot Italian sausage
1 c. finely chopped onion
3 c. chopped ripe tomatoes
½ tsp. salt
⅛ tsp. ground pepper
Your favorite spaghetti sauce or marinara sauce

Preheat oven to 350°. Using a teaspoon or melon baller, scoop out zucchini pulp, leaving a ⅓-inch shell. Chop the pulp fine and set aside. Remove casing from sausage; crumble meat into large skillet over medium heat and brown. Stir in pulp, onion, tomatoes, salt and pepper. Cook over medium-low heat until thick, 15 to 20 minutes. Place zucchini in baking pan. Divide sausage mixture into zucchini. Pour ¼ inch hot water in pan. Cover loosely with foil. Bake 30 minutes. Serve atop warmed sauce. Do not overbake zucchini. Serves 4-6.

SALSA CASSEROLE WITH CORN TORTILLAS

Laurie Brown

½ c. sour cream
12 corn tortillas
1 (16-oz.) can refried beans
3 c. salsa
3 c. shredded Monterey Jack cheese

Heat oven to 350°. Spread 3 tablespoons sour cream on the bottom of a 10-inch round shallow baking dish or pie plate. Layer a fan of 4 tortillas over sour cream, then ⅓ beans, ⅓ of the salsa and ½ of the cheese. Repeat layering twice more. Make sure to cover tortillas completely. Bake 45 minutes. Set aside for a few minutes before cutting into wedges. Serve with extra salsa and sour cream. Serves 4-6.

SOUR CREAM NOODLE CASSEROLE

Karen Wofford

1 (6-oz.) pkg. noodles]
1 lb. ground beef
Salt, pepper and garlic to taste
1 (15-oz.) can Italian tomato sauce
1 c. cream-style cottage cheese
1 c. sour cream
1 c. chopped green onions
2 c. grated sharp Cheddar cheese

Cook noodles; brown meat. Add seasonings and tomato sauce. Simmer 5 minutes. Combine cottage cheese, sour cream, onions and noodles. Alternate layers of meat mixture with noodle mixture in 2-quart greased casserole. Top with cheese and bake at 350° for 25 minutes. Serves 6.

LINGUINI WITH TOMATO-CREAM SAUCE

Jeanette Creed

1 med. onion, chopped
1 sm. clove garlic, minced
2 T. olive oil
1 (14-oz.) can Italian-style tomatoes, undrained and chopped
1 T. dried whole basil
¾ tsp. sugar
¼ tsp. dried whole oregano
¼ tsp. salt
⅛ tsp. pepper
½ c. whipping cream
1 T. butter or margarine
8 oz. uncooked linguine
¼ c. grated Parmesan cheese

Sauté onion and garlic in oil in a large skillet over medium heat. Add next 6 ingredients. Bring mixture to a boil; continue to boil 5 minutes, or until most of liquid evaporates. Remove from heat; stir in whipping cream and butter. Reduce heat and simmer 5 minutes. Set aside. Cook linguine according to package directions. Drain well. Pour tomato sauce over hot linguine. Sprinkle with Parmesan cheese. Yield: 4 to 6 servings.

TUNA BARBECUE

Frances Petri Green

1 tsp. butter or margarine
1 clove garlic, minced
5 stuffed olives, chopped (opt.)
1 tsp. Worcestershire sauce
⅓ c. tomato catsup
½ tsp. dry mustard
1 (7-oz.) can water-packed tuna, drained
4 hamburger buns

In hot butter in medium saucepan, sauté garlic until soft. Add olives, Worcestershire sauce, catsup, mustard, water and tuna. Simmer, uncovered, for 15 minutes. Use as filling for hamburger buns. If you have ½ cup left over, shred roast beef and gravy to add. It tastes even better. Either way it is delicious on toasted buns. Serves 4.

BREAKFAST TOMATO FLOWER

Joyce Stripling

4 eggs
2 lg. tomatoes
1 sm. cottage cheese
Salt and pepper
2 bell peppers, chopped
Bacon bits

Cut tomatoes in half. Remove pulp. Scramble the eggs, adding tomato pulp, cottage cheese, bell pepper, salt and pepper. Stuff tomatoes and top with bacon bits.

CHICK'N CORNBREAD SUPPER

Margie Wilson

1 med. onion, chopped
1 bell pepper
2 cloves garlic
2 T. vegetable oil
1½ c. chopped chicken
1 can pinto beans
1 can tomatoes, drained
½ c. picante sauce
1 can whole kernel corn
½ tsp. cumin
1 pkg. cornbread mix
½ c. grated cheese

Sauté chopped onions, bell pepper and garlic in oil until tender. Add chicken, drained beans, corn, tomatoes, picante and cumin. Simmer, uncovered, for 10 minutes. Pour into 2-quart casserole. Prepare cornbread mix according to directions. Spoon over chicken mixture. Sprinkle with the cheese. Bake at 400° for 20 minutes, or until brown. Serves 6.

TOMATO-BEEF RATATOUILLE

Peggy Thigpen

1 lb. ground beef
½ c. chopped celery
1 env. Sloppy Joe mix
1 c. peeled eggplant, cut into ½-inch cubes
1 c. sliced mushrooms
1 c. mozzarella cheese
1 med. chopped onion
1 med. green pepper, sliced thin
3 med. tomatoes, cut in thin wedges
2 c. thinly sliced yellow or zucchini squash
1 c. cooked rice
Halved pita bread

Put beef, onion, celery and pepper in Dutch oven. Cook until beef is done and onion is transparent. Add Sloppy Joe mix, tomatoes, eggplant, squash and mushrooms. Simmer until vegetables are done. Add rice. Place mixture into pita halves, sprinkling with cheese. Serve at once or put mixture in casserole. Sprinkle with cheese and bake in 350° oven until bubbly.

PASTA WITH TOMATOES

Rose Mary Banks

2 lg. tomatoes, chopped
1 clove garlic, minced
2 T. snipped fresh basil or 2 tsp. dried basil
½ tsp. salt
¼ tsp. pepper
4 oz. bow tie pasta or spaghetti, cooked and drained
Fresh basil and grated Parmesan cheese (opt.)

Combine the tomatoes, basil, garlic, salt and pepper. Set aside at room temperature for several hours. Serve with hot pasta. If desired, garnish with basil and sprinkle with Parmesan cheese. Yield: 2 servings.

RACHEL'S JACKSONVILLE TOMATO & BEAN CASSEROLE

Mona Anderson
Katie Stewart

1 lb. lean ground hamburger
1 whole pod peeled garlic
1 can Ranch-style pinto beans
5 med. ripe tomatoes, diced lg.
1 pkg. cornbread mix
1 lg. onion
¼ c. vegetable oil

In large, deep iron skillet, brown meat, onion and garlic in oil. Drain. When done, then layer with beans and diced tomatoes. Mix cornbread. Layer batter to cover top of already prepared mix. Cook in oven for 40 to 45 minutes, or until done.

TOMATO-BREAD CASSEROLE

Toni McCarty

1 (½-lb.) loaf French bread, sliced
3 T. softened margarine
1 c. (14½ oz.) whole peeled tomatoes, cut up
1½ lbs. fresh tomatoes, thinly sliced
1 c. lowfat cottage or ricotta cheese
¼ c. olive or vegetable oil
¾ tsp. seasoned salt
½ tsp. crushed dried oregano
½ tsp. garlic powder with parsley
½ c. Parmesan cheese

Spread bread slices with margarine; cut into large cubes. Arrange on jelly-roll pan. Toast in 350° oven about 7 minutes. Place ½ of cubes in greased 13 x 9 x 2-inch baking dish. Drain canned tomatoes, reserving liquid. Top bread cubes with ½ tomato slices, ½ reserved tomato liquid, ½ cottage cheese, ½ of oil, ½ of canned tomatoes, ½ of seasoned salt, ½ of oregano and ½ of garlic powder with parsley. Repeat layers. Sprinkle with Parmesan cheese. Bake, covered, in 350° oven for 40 minutes. Uncover and bake 5 minutes longer to brown top. Serve with any grilled or baked meat, fish or poultry entree. Makes 8 to 10 servings.

VALENTINE'S MEAT PIE

Betty Thrall

1½ c. water
3 T. butter
¾ tsp. salt
¾ c. milk
2 c. country-style mashed potato flakes
1 egg, slightly beaten
1 lb. ground beef
1 c. chopped celery
1 (8-oz.) can tomato sauce
1 (10-oz.) pkg. frozen Brussels sprouts, cooked

Combine water, butter and salt in saucepan and bring to a boil. Remove from heat and stir in milk. Add potatoes, then egg and whip lightly with fork. Spoon onto a greased cookie sheet, forming a heart and build up edges to form a shell. Bake at 400° for 15 minutes. Brown beef with celery; drain. Stir in tomato sauce and heat to a simmer. Spoon mixture into heart shell. Surround with Brussels sprouts. Return to oven and bake 5 minutes. (A pizza pan is better than a cookie sheet.)

STUFFED MANICOTTI

Dianna Morgan

8 manicotti shells
1 lb. lean ground beef
2 T. instant minced onion
¼ c. finely minced green pepper
1 T. dry parsley flakes
Grated Romano cheese
1 tsp. salt
¼ tsp. pepper
1 egg, beaten
1 (1-lb.) jar spaghetti sauce

Cook manicotti shells following directions on package; drain. Combine beef, onion, green pepper, parsley, salt, pepper and egg; blend thoroughly. Assemble and fill gun with meat filling. Hold manicotti shell in one hand, insert tip into end of shell; fill shell. Pour thin layer of sauce into a 9 x 13-inch pan. Arrange pasta in single layer of sauce. Top with remaining sauce. Sprinkle with grated cheese. Bake 30 to 40 minutes at 350°. Makes 4 servings. This filling will also fill 20 jumbo shells.

FORGET ABOUT IT STEW

Dianna Morgan

1½ to 2 lbs. stew beef (do not brown)
4 onions
1 can celery soup
Salt and pepper to taste
4 carrots
4 potatoes
1 c. tomatoes or sauce
½ c. dry red wine

Cut beef, potatoes, carrots and onions into pieces. Mix tomatoes, soup and wine. Pour over meat and vegetables. Cook in covered casserole for 4 to 5 hours at 250°. Serves 4 to 6.

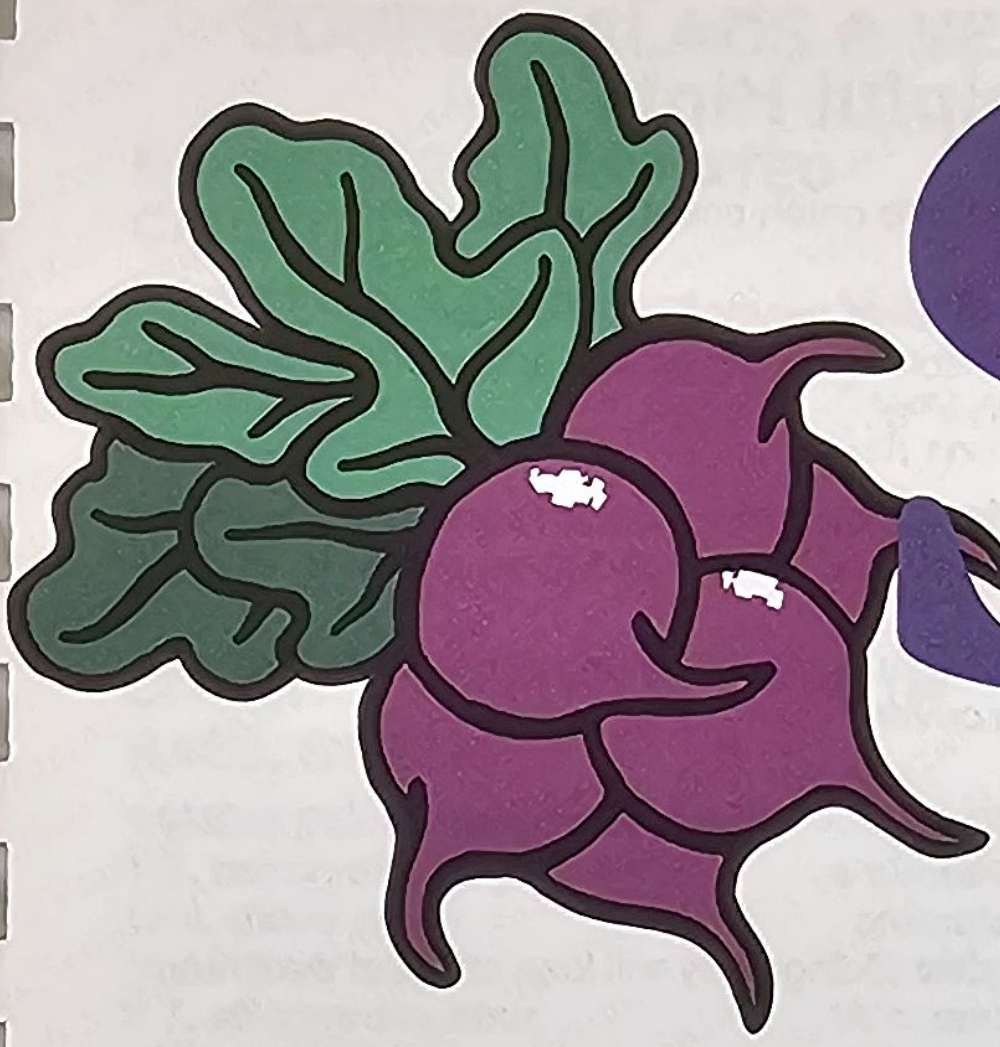
HAMBURGER PIE

Dianna Morgan

1 med. onion
1 lb. ground beef
1 (No. 2) can green beans
1 (10½-or 11-oz.) can condensed tomato soup
Salt and pepper to taste
5 med. potatoes
½ c. warm milk
1 beaten egg

Cook onion in hot fat until golden; add meat and seasonings. Brown. Add drained beans and soup. Pour into a greased 1½-quart casserole. Mash the potatoes. Add milk, egg and seasonings. Spoon in mounds over meat mixture. Bake at 350° for approximately 30 minutes. Makes 6 servings.

Recipe Favorites



Soups, Salads & Vegetables

Favorite Recipes

Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a "free" soup.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- For an easy no-mess side dish, try grilling your vegetables along with your meat.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions or slightly crushed seasoned croutons.

MY MOTHER'S MARINATED CARROTS

Billie Hopson

2 lbs. carrots, lightly cooked
½ bell pepper
1 c. tomato soup
½ c. sugar
½ c. vinegar
¼ c. oil
Celery seed
Salt and pepper

Mix all ingredients in order listed. Marinate in refrigerator for 24 hours.

COUNTRY TOMATO SOUP WITH BASIL CREAM

Susan Phillips

1 (28-oz.) can whole tomatoes
1 T. bacon drippings
½ c. diced onion
½ c. diced carrots
3 T. all-purpose flour
¼ tsp. paprika
⅛ tsp. pepper
1¾ c. chicken broth
4 slices cooked bacon, crumbled
2 T. chopped basil
⅓ c. sour cream
10 basil leaves

Drain tomatoes, reserving liquid. Finely chop tomatoes; set aside. Heat bacon drippings in pan over medium heat. Add onion and carrots and cook until tender. Stir in flour, paprika and pepper; cook for 1 minute while stirring constantly. Gradually stir in broth and tomato liquid. Bring to a boil; reduce heat. Add bacon and tomatoes. Simmer for 10 minutes. Blend the basil and sour cream in small bowl. Add 1 heaping tablespoon of basil cream to each serving; garnish with basil leaf. Yield: 10 servings.

TOMATO-GARLIC PASTA

Judy Johnson

12 oz. angel hair pasta, uncooked
20 cloves garlic, coarsely chopped
2 T. olive oil
3 lg. tomatoes, peeled
¼ c. basil, cut into ¼-inch strips
½ c. dry white wine
3 to 4 T. balsamic vinegar
1 tsp. pepper
1 c. grated Parmesan or Romano cheese

Cook pasta according to package directions; drain and keep warm. Cook garlic in olive oil in large skillet over medium-high heat until lightly browned. Add tomatoes and next 4 ingredients. Cook until thoroughly heated. Spoon tomato mixture over pasta. Sprinkle with cheese. Serve immediately. Makes 4 to 6 servings.

CHILE-CHEESE-STUFFED TOMATOES

Judy Johnson

4 med. tomatoes
½ c. sour cream
2 tsp. all-purpose flour
1 T. chopped green onions
½ c. (2 oz.) shredded cheddar cheese
3 tsp. canned, chopped green chiles, drained

Cut tomatoes in half horizontally; scoop out pulp, leaving shells intact. (Reserve pulp for another use.) Place upside down on paper towels to drain. Combine other ingredients. Spoon into tomatoes. Place in greased 13 x 9 x 2-inch baking pan. Broil 5½ inches from heat (with door open partially) 4 minutes, or until heated. Serves 8.

GAZPACHO SALAD

Mildred Oden

1½ c. tomato juice
1 pkg. lemon Jello
1 c. finely chopped tomato
½ c. finely chopped cucumber
¼ c. finely chopped green pepper
2 T. finely chopped red pepper
2 T. sliced green onions
2 T. vinegar
¼ tsp. black pepper

Bring tomato juice to a boil in small saucepan. Completely dissolve gelatin in boiling tomato juice. Chill until slightly thickened. Combine remaining ingredients in medium bowl. Mix well. Stir into gelatin mixture. Pour into medium serving bowl. Chill until firm, about 3 hours. Makes 3⅔ cups or 7 servings.

STEAK SOUP

Mildred Oden

1½ to 2 lbs. diced round steak
½ lb. margarine
1 c. flour
1 chopped onion
1 stalk celery, chopped
1 cube instant bouillon
1 carrot stick, sliced thin
½ tsp. black pepper
Salt to taste
4 c. water
1 pkg. frozen mixed vegetables
2 c. chopped tomatoes or 1 can tomatoes

Brown meat in 2 tablespoons margarine. Melt remainder of margarine and flour in skillet over low heat to make a brown gravy. Add 2 cups cold water when browned and stir until smooth. Add remainder of water, mixed vegetables, tomatoes and bouillon. Simmer for several hours, or until meat is tender.

DRIED TOMATO PILAF

Deni Barto

1 T. olive oil
8 oz. portabella or button mushrooms, sliced
1 med. onion, chopped
1 c. long-grain white rice
2½ c. fat-free reduced sodium chicken broth
¾ c. dried tomatoes (not packed in oil), chopped
¼ c. chopped cilantro
Salt and pepper

Heat oil in a 3-to 4-quart pan over medium-high heat. Add mushrooms and onion; cook, stirring often, until almost all liquid has evaporated and vegetables are lightly browned, 10 to 12 minutes. Add rice and stir until opaque, 3 to 4 minutes. Add broth and tomatoes. Bring to a boil, then reduce heat. Cover and simmer until rice is tender to bite, 20 to 25 minutes. Stir in cilantro. Season to taste with salt and pepper. Makes 6 servings.

SAUSAGE-BEAN CHOWDER

Nelda Gwartney

2 lbs. sausage
4 c. water
2 cans stewed tomatoes
1 onion, chopped
2 potatoes, peeled and diced
2 cans pinto beans
1 bay leaf
½ tsp. salt
½ tsp. pepper
½ tsp. garlic salt

Brown sausage and drain. Add all ingredients in large pan and simmer for 1 hour. If you want it hot and spicy, use hot sausage and Ro-Tel tomatoes.

TOMATO-CHEESE SOUP

Billie Hopson

1 lg. can tomato juice, emptied into blender
¼ full lg. tomato juice can sour cream
½ full lg. tomato juice can grated cheddar cheese
½ full lg. can tomato juice can Ro-Tel tomatoes

Place all ingredients in blender and blend a few minutes, then heat and eat!

SUMMER TOMATO SALAD

Fran Daniel

2 each red and yellow bell peppers
6 plum tomatoes, halved
½ tsp. freshly ground pepper
¼ tsp. salt
1½ T. extra-virgin olive oil
1 T. capers
1 T. chopped fresh flat-leaf parsley
1 tsp. chopped fresh marjoram (omit if fresh is unavailable)
3 T. crumbled ricotta salata or feta cheese
½ c. (about 14) oil-cured black olives

Heat grill to high and brush with oil. Grill peppers, turning several times, 10 minutes or until blackened on all sides. Transfer to a paper bag and let steam 10 minutes. When cool enough to handle, peel, core, seed and cut in 1-inch wide strips. Set aside. Grill tomato halves 1 minute per side, or until lightly charred. Transfer tomatoes to a serving platter. Scatter pepper strips around tomatoes. Sprinkle with pepper and salt, drizzle with oil, then sprinkle with capers, parsley and marjoram, if using. Top with cheese and olives. Serve at room temperature. Makes 4 servings.

MARINATED TOMATO-AND-BRIE SALAD

Fran Daniel

6 oz. Brie
2 lg. tomatoes
½ c. fresh basil leaves
1 to 2 garlic cloves, pressed
¼ c. olive oil
⅛ tsp. salt
¼ tsp. freshly ground pepper

Remove and discard rind from Brie; cut cheese and tomatoes into ½-to ¾-inch cubes. Cut basil into thin strips. Combine cubes, basil and next 4 ingredients; cover and let stand at room temperature for 1 hour. Makes 4 servings.

TOMATO-ONION SALAD WITH BASIL DRESSING

Fran Daniel

1 chilled lg. beef-steak tomato (about 9 oz.), cut into ¼-inch thick slices
¼ c. thinly sliced red onion
1 T. olive oil
1½ tsp. lemon juice or wine vinegar
1½ tsp. finely chopped fresh basil or ½ tsp. dried
½ garlic clove, minced
⅛ tsp. salt
Dash pepper
1 T. chopped fresh Italian (flat-leaf) parsley for garnish
2 tsp. thinly sliced scallions (green onion) for garnish

On round serving platter, arrange tomato and onion slices in circular pattern, alternating and overlapping slices. In small bowl, thoroughly

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combine remaining ingredients except garnish; pour dressing over tomato and onion slices and sprinkle with parsley and scallion. Cover platter with plastic wrap and refrigerate until ready to serve. Makes 2 servings.

BROCCOLI-TOMATO SALAD

Fran Daniel

1 lg. bunch broccoli, separated into florets
2 lg. tomatoes, cut into wedges
¾ c. sliced fresh mushrooms
2 green onions, sliced

Dressing:

¾ c. olive or vegetable oil
⅓ c. tarragon or cider vinegar
2 T. water
1 tsp. lemon juice
1 tsp. sugar
1 tsp. salt (opt.)
¾ tsp. dried thyme
1 garlic clove, minced
½ tsp. celery seed
¼ tsp. Italian seasoning
¼ tsp. lemon-pepper seasoning
¼ tsp. paprika
¼ tsp. ground mustard

Cook broccoli in a small amount of water for 5 minutes, or until crisp-tender. Rinse with cold water and drain. Place in a large bowl; add tomatoes, mushrooms and onions. Combine dressing ingredients in a jar with a tight-fitting lid; shake well. Pour over salad. Toss gently. Cover and chill for 1 hour. Serve with slotted spoon. Makes 6 to 8 servings.

ITALIAN BREAD SALAD

Fran Daniel

1 (8-oz.) loaf Italian bread, cut in ¾-inch cubes (6 c.)
4 ripe tomatoes (1¼ lbs.), cut in bite-size chunks (4 c.)
½ c. each thinly sliced red onion and chopped fresh basil
⅓ c. bottled balsamic vinaigrette, plus 3 T. water
2 T. drained capers
1 tsp. minced garlic
½ tsp. fresh ground black pepper

Heat oven to 350°. Spread bread cubes in a single layer on a rimmed baking sheet. Bake 7 to 9 minutes, until dry but not toasted. Meanwhile, toss remaining ingredients in a large bowl. Add bread; toss to mix and coat. Let stand at room temperature about 10 minutes for bread to absorb dressing and juices. Makes 8 cups.

MEDITERRANEAN SALAD

Fran Daniel

2 tomatoes, sliced
1 cucumber, sliced
2 oz. feta cheese, crumbled (about ⅓ c.)
½ c. Kalamata olives, pitted
1 T. olive oil
1 tsp. red wine vinegar
1 T. chopped fresh basil or 1 tsp. dried

On serving platter, arrange tomatoes, cucumber and feta cheese. Sprinkle with olives. In small bowl, whisk together olive oil, vinegar and basil. Drizzle over salad. Makes 6 servings.

HERB-MARINATED TOMATOES

Fran Daniel

3 T. olive oil
2 T. balsamic vinegar
4 lg. tomatoes, cut into ½-inch slices
¼ c. chopped fresh basil
½ tsp. salt
½ tsp. pepper
Fresh basil sprigs for garnish

Whisk together oil and vinegar. Arrange tomatoes in a large shallow dish, slightly overlapping edges. Sprinkle with basil; drizzle with vinaigrette. Sprinkle with salt and pepper. Cover and let stand at room temperature 30 minutes. Stack tomatoes on individual serving plates and garnish, if desired. Makes 4 servings.

TOMATO-BASIL SALAD

Fran Daniel

6 T. vegetable oil
2 T. wine vinegar
2 T. chopped fresh basil or 2 tsp. dried basil
½ tsp. salt (opt.)
⅛ tsp. pepper
3 lg. ripe tomatoes, sliced (beefsteak, preferably)

In small bowl, combine oil, vinegar, basil, salt and pepper; set aside. In shallow dish, alternate tomato slices with basil dressing. Cover with plastic wrap. Chill at least 4 hours. Makes 4 to 6 servings.

TOMATO, MOZZARELLA & BASIL SALAD

Fran Daniel

1 (8-oz.) pkg. part-skim mozzarella cheese, cut in bite-size pieces
¼ c. thin strips red onion (see Tip)
¼ c. bottled balsamic vinaigrette
15 lg. fresh basil leaves
1 pt. each red and yellow cherry tomatoes, cut in half

Toss cheese, onion and vinaigrette in a large bowl. Stack basil leaves; roll up, then cut crosswise in strips. Add to bowl along with the tomatoes. Toss to mix and coat. Makes 5 cups.

Tip: To cut onion in strips, cut in half lengthwise, place, cut side down, thinly slice lengthwise. Cut off root end and separate strips.

SCALLOPED TOMATOES

Louise Pierson

2 c. cooked tomatoes
2 T. butter
1 c. soft bread cubes
Salt and pepper
Buttered bread crumbs

Fill a well-oiled baking dish with alternate layers of well-seasoned cooked tomatoes, butter and bread crumbs. Cover with bread crumbs. Bake in moderate oven at 350° for 35 minutes. Makes 6 servings.

BAKED TOMATOES

Louise Pierson

6 tomatoes
½ c. cooked rice
1 T. butter
½ c. chopped meat
½ c. meat broth
Salt and pepper

Wash tomatoes. Cut slice from top of each. Hollow out tomato, leaving a thick shell. Combine rice, meat and broth. Season to taste. Fill tomatoes with rice mixture. Place in well-oiled casserole. Place a bit of butter on each tomato. Bake in moderate oven at 375° until tomatoes are tender. If desired, buttered bread crumbs or chopped green pepper may be substituted for rice. Well-seasoned lima beans or shredded fish may be used as a filling. Makes 6 servings.

LASAGNA SOUP

Eva Jean Arnold

1 lb. ground meat
½ c. chopped onion
1 (7¾-oz.) pkg. lasagna dinner mix (e.g. Hamburger Helper)
1 (7-oz.) can whole kernel corn
1 sm. zucchini, chopped
5 c. water
1 can diced tomato, undrained
2 T. grated Parmesan cheese

In large pot, cook beef and onion until no longer pink; drain. Add dinner mix package, water, tomatoes, corn and Parmesan cheese. Bring to boil. Reduce heat and simmer 10 minutes; stir occasionally. Add noodles and zucchini. Cover and simmer 10 minutes, until noodles are tender. Serves 10 to 12.

SEAFOOD GUMBO

Ruby Lee Stevens

1 stick butter*
½ c. flour
1 T. gumbo file
½ lb. fish filets
4 c. water
1 lb. shrimp (after cleaning)
1 lg. onion, chopped
½ c. celery, diced
1 bell pepper, diced
2 buttons garlic, minced
2 (1-lb.) cans diced tomatoes or 4 c. fresh
4 c. sliced okra
1 or more bay leaves
Salt and pepper to taste
Hot sauce (opt.)

In a soup pot, make roux by melting butter, then adding flour, stirring constantly, until dark brown but not scorched. Add the gumbo file. Cook

(continued)

fish fillets in the 4 cups of water and reserve the broth. Pour broth into roux. Flake fish and add to roux. Add vegetables and seasonings. Bring to a boil and simmer until vegetables are well done. Cool and let set in refrigerator overnight to season. When ready to serve, add shrimp and reheat. Serve over ⅓ to ½ cup cooked rice in soup bowls. More water may be added, if needed. *Bacon drippings can be substituted for the butter.

OKRA & TOMATOES

Roberta Gray

12 lg. tomatoes, peeled and sliced thick
1 c. sugar
1 c. water
1 stick real butter
25 pods sm. okra

Place tomatoes, sugar, butter and okra in large enamel-lined frying pan. Add water to almost cover tomatoes. Cover with lid. Cook for 12 to 15 minutes. Serves 4 to 6.

TOMATO-JACK CHEESE MASHED POTATOES

Mary Ingram

4 med. russet potatoes (about 1¼ lbs.), peeled and cut into quarters
2 oz. shredded hot pepper Monterey Jack cheese
½ c. chopped fresh tomato
½ tsp. salt
⅛ tsp. pepper
½ c. skim milk, heated

Place potatoes in a saucepan and cover with water. Bring to a boil. Reduce heat to medium-low. Cover loosely and boil gently for 15 to 20 minutes, or until potatoes break apart easily. Drain well. Mash potatoes; add salt, pepper and milk. Continue mashing until smooth. Spoon potatoes into medium bowl. Top with cheese and tomatoes. Serves 4.

TOMATO SALAD

Mary Ingram

2 lg. tomatoes
2 T. chopped onion
2 T. salad oil
⅛ tsp. pepper
2 T. chopped bell pepper
2 T. vinegar
1 tsp. salt
1 tsp. hot pepper, chopped fine

Peel tomatoes under hot water. Cut in 1-inch cubes. Mix all ingredients. Set in refrigerator a few minutes to let flavors blend.

TOMATO SALAD

Fran Daniel

½ sweet onion, sliced
2 T. and 2 tsp. lemon juice
¼ tsp. salt
4 tomatoes, diced
¾ c. torn basil leaves
¼ c. slivered, pitted Kalamata olives
3 tomatoes, in wedges

Marinate onion in 2 tablespoons juice and the salt for ½ hour; drain. Mix onion with remaining ingredients, except tomato wedges. Serve with wedges. Makes 8 servings.

HERBED TOMATO SLICES

Rose Ann Cunningham

15 (½-inch thick) tomato slices
Vegetable cooking spray
⅓ c. Italian-seasoned bread crumbs
2 T. grated Parmesan cheese
¾ tsp. chopped fresh basil
1 T. melted margarine
Fresh basil sprigs

Arrange tomato slices in a 13 x 9 x 2-inch baking dish coated with cooking spray; set aside. Combine bread crumbs and Parmesan cheese, basil and margarine; mix well. Sprinkle evenly over tomato slices. Bake at 350° for 20 to 25 minutes. Garnish with basil sprigs. Yield: 5 servings.

RATATOUILLE

Louise Pierson

1 onion, chopped
½ c. olive oil, divided
2 zucchini, chopped
1 or 2 green peppers, chopped
½ tsp. thyme
Little fresh basil
1 clove garlic, minced
1 eggplant, cut in 1-inch squares
2 tomatoes, chopped
2 tsp. salt
Pepper to taste

In ¼ cup oil, sauté onion and garlic until soft. Add remaining oil, eggplant and zucchini. Cook about 5 minutes, gently stirring often. Add tomatoes, peppers and spices. Cover and simmer on low heat about 15 minutes. Uncover and cook until juices are reduced.

OKRA GUMBO

Louise Pierson

4 T. bacon drippings
1 lg. onion, chopped
1 c. water
Okra
1 lg. fresh tomato
Salt and pepper to taste

Put bacon drippings in large skillet. Cut up enough okra to fill the skillet about halfway. On top of okra, put cut-up onion and tomato. Sauté this until okra is slightly browned and onions are nearly clear. Add water, salt and pepper, then cover. Lower and simmer for about 20 minutes, or until tender.

VENISON SOUP

Louise Pierson

2 lbs. cubed venison
1 (16-oz.) can mixed vegetables
1 (20-oz.) poly bag frozen Veg-All
3 (8-oz.) cans tomato sauce
6 med. potatoes, cubed
2 T. parsley flakes
½ c. flour
¼ c. water
3 qt. water
Salt
Pepper

Season meat with salt and pepper; brown in stock pot. Do not drain. When meat is brown, add 3 quarts water. Bring to a boil. Add frozen vegetables and can of mixed vegetables. Bring to a boil. Add tomato sauce and potatoes. Bring to a boil and add parsley flakes. Stir well and turn off heat. Add the ½ cup flour and ¼ cup water that have been mixed together; stir well. Cover. Let set for 1 to 2 hours. Reheat before serving.

TOMATO-BEAN SOUP

Mildred Oden

2 c. great northern beans
1 fully cooked ham bone or sm. ham hock
2 T. chopped onion
4 T. bacon fat
¼ tsp. pepper
1½ qt. water
½ sm. crushed garlic clove
1 c. chopped tomatoes
1 tsp. salt

Wash beans and soak overnight in cold water. Simmer beans 1½ to 2 hours, or until tender. Add more water if necessary. Sauté onions and garlic in bacon fat until clear. Add to beans. Add the ham that has been picked off the bone. Yield: about 3 quarts.

STUFFED TOMATOES

Mary Ingram

6 slices bread
6 firm tomatoes
1 sm. onion
6 sprigs parsley
2 egg yolks
½ tsp. salt
¼ tsp. pepper
2 T. butter

Heat oven to 350°. Butter a baking dish. Break one slice of bread into 8 pieces into blender. Cover and process 2 cycles on grate. Empty into a bowl. Repeat with remaining bread. Wash and dry tomatoes. Cut off tops; remove pulp, sprinkle inside with salt and pepper. Put pulp, onion, parsley, egg yolks and seasonings in blender; cover and process on chop. Mix with bread crumbs. Melt butter. Add tomato mix and cook over low heat, stirring constantly for 10 minutes. Fill tomatoes. If desired, sprinkle bread crumbs on the top. Bake about 30 minutes, until tomatoes are soft. Serves about 6.

VEGETABLE SOUP

Zoe Ann Conway

1½ lbs. boneless stew meat
Salt, black and red pepper
4 (8-oz.) cans tomato sauce
2 med. potatoes, cubed
1 sm. onion, chopped
1 (8-oz.) can sweet peas
1 (15-oz.) can sweet corn
1 (8-oz.) can carrots

Cover the bottom of a large pot with ¼ inch of water. Add meat and season to taste. Add remaining ingredients and simmer approximately 7½ hours.

CHUNKY TOMATO SALAD

Mary Ingram

¾ c. apple cider vinegar
1 T. cooking oil
1 tsp. salt
3 lbs. tomatoes
1 c. green bell pepper
1 c. celery, sliced
¼ c. water
1 T. sugar
½ tsp. pepper
1 c. bell pepper (red)
1 c. Vidalia onions, chopped

In a large bowl, combine vinegar, water, oil, sugar, salt and pepper. Mix well. (If desired, remove tomato skins by dipping in boiling water for 30 to 60 seconds.) Core and cut in 1-inch pieces. In nonmetallic pan, combine vinegar mixture, tomatoes, peppers, onion and celery. Chill at least 4 hours or overnight, stirring once or twice. Drain and serve on lettuce as salad or accompaniment to beef, fish or chicken. Serves 7.

BIG BOWL ANTIPASTO SALAD

Karen Wofford

1 head iceberg lettuce, coarsely chopped
½ lb. deli turkey breast, cubed
½ lb. deli hard salami, cubed
1 (6-oz.) can pitted black olives, drained
1 (7-oz.) jar roasted peppers, drained
1 pt. cherry tomatoes
1 (8-oz.) bottle Italian dressing

Combine all ingredients and then add the Italian dressing; toss well. Top with freshly grated Parmesan cheese. Serve immediately. Serves 8 to 10.

GARDEN VEGETABLE SOUP

Karen Wofford

1 lb. ground beef, browned
1 (14-oz.) can cut green beans
1 (14-oz.) can whole new potatoes, cubed
1 (14-oz.) can whole corn
1 (14-oz.) can zucchini in tomato sauce
1 (8-oz.) can sliced carrots
2 (14-oz.) cans fresh-cut diced tomatoes
2 cans beef broth
Salt, pepper and minced onion to taste

Drain all vegetables except zucchini. Combine with meat in large pot. Bring to a boil and then simmer for at least 30 minutes. Serves 6 to 8.

CORNBREAD SALAD

Patsy S. Young

6 c. crumbled cornbread
2 c. mayonnaise
2 lg. diced tomatoes
1 lg. bell pepper, chopped
¾ c. chopped onions
2 stalks celery, chopped
1 (4-oz.) jar pimentos
¾ c. chopped pecans

Drain the pimentos and combine all ingredients. Let chill for at least 2 hours before serving. Pecans are optional.

SQUASH-TOMATO MEDLEY

Tina Sorrell

2 slices bacon, diced
1 med. onion, chopped
3 med. yellow squash, cut in ¼-inch slices
1 med. zucchini, cut in ¼-inch slices
2 med. tomatoes, cut into eighths
1 tsp. salt
¼ tsp. pepper
½ tsp. dried whole basil
½ tsp. sugar

Fry bacon in a large skillet until almost crisp. Add onion, squash and tomatoes. Sprinkle with remaining ingredients. Cover and cook over low heat 15 minutes, stirring several times. Serves 5 to 6.

VEGETABLE SALAD

Marie Halbert

¾ c. vinegar
1½ tsp. celery salt
1½ tsp. mustard seed
½ tsp. salt
4½ tsp. sugar
⅛ tsp. red pepper
⅛ tsp. black pepper
¼ c. cold water
6 lg. ripe tomatoes, skinned and quartered
1 green pepper, sliced
1 red pepper, sliced
1 cucumber, peeled and sliced

Mix vinegar, celery salt, mustard, salt, sugar, red pepper, black pepper and cold water. Bring to a boil. Boil "hard" for 1 minute. While boiling,

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pour over tomatoes, green peppers and onion. Before serving, add cucumbers, if desired. Serve very cold. Makes 8 servings.

FIRE & ICE TOMATOES

Marie Halbert

¾ c. vinegar
1½ tsp. celery salt
1½ tsp. mustard seed
½ tsp. salt
4½ tsp. sugar
⅛ tsp. red pepper
⅛ tsp. black pepper
¼ c. cold water
6 lg. ripe tomatoes, skinned and quartered
1 green pepper, sliced into rings
1 red onion, sliced into rings
1 cucumber, peeled and sliced (opt.)

Mix vinegar, celery salt, mustard seed, salt, sugar, red pepper, black pepper and cold water. Bring to a boil. Boil hard for 1 minute. While boiling, pour over tomatoes, green pepper and onion. Before serving, add cucumbers, if desired. Serve very cold. Yield: 8 servings.

TOMATO-EGGPLANT CASSEROLE

Joyce Stripling

1 lb. ground beef
2 T. olive oil
1 sm. onion, chopped
¼ tsp. garlic powder
¼ tsp. oregano
1 med. eggplant
2 lg. tomatoes
1 c. grated cheese

Brown meat and onion. Add garlic and seasonings. Peel and slice eggplant. Boil in salted water; drain. Layer meat in bottom of 1½-quart casserole, slices of eggplant and slice of tomato. Salt and pepper. Top with cheese. Bake at 350° for 30 to 40 minutes.

TOMATO ASPIC

Margaret Glass

1 pkg. lemon Jello
1 c. boiling water
1 (8-oz.) can tomato sauce
1½ T. vinegar
¼ green pepper, chopped
½ c. celery, chopped
½ c. cheese
¼ c. sliced olives
½ tsp. salt

Let Jello mixture thicken before adding vegetables. More or less vegetables may be used. Some like carrots in salad.

MEXICAN CHICKEN-TOMATO SOUP

Helen Wade

4 skinned chicken breasts, cut in bite-size pieces
1 lg. onion, chopped
1 T. oil
2 (10-oz.) cans Ro-Tel tomatoes and chilies
1 (10-oz.) can Ro-Tel Mexican Festival tomatoes and green chiles
1 (19-oz.) can red kidney beans
1 (15½-oz.) can black beans
1 (15½-oz.) can whole corn
2 (14½-oz.) cans chicken broth
1 to 1½ T. chili powder
1 tsp. sugar
½ tsp. salt
⅓ c. chopped cilantro

Sauté chicken and onion in oil in Dutch oven pot until chicken is browned lightly. Stir in next ingredients. Bring to a boil over medium-high heat, stirring often. Cover; reduce heat and simmer 30 minutes. Sprinkle with cilantro. Yield: 14 cups.

BAKED TOMATOES

Marie Stewart

1 (1-lb. 13-oz.) can tomatoes
¾ c. sugar
3 T. butter
1 med. onion, chopped and sautéed
3 slices bread, toasted
Salt and pepper to taste

Butter a 2-quart casserole dish. Put can of tomatoes in dish and sprinkle with salt, pepper and sugar. Spread chopped onion over all. Cut toasted bread into small pieces and stir in gently. Bake at 325°, uncovered, about 1½ hours, until most of the juice is absorbed.

ROGER STAUBACH'S SPINACH SALAD

Rose Mary Banks

1 bag fresh spinach
1 can French-fried onion rings
4 oz. blue cheese, crumbled

Dressing:

1 can tomato soup
¾ c. vinegar
¼ tsp. paprika
¾ c. sugar
¾ c. oil
½ tsp. salt
1 tsp. dry mustard
2 T. Worcestershire sauce
1 onion, quartered

Wash spinach; tear and toss with cheese and onion rings. Mix dry ingredients in tall jar first, then add liquid and onion. Chill. Remove onion before tossing with salad. **Optional:** Omit onion rings and add crumbled bacon, tomatoes and hard-boiled eggs for a lite lunch.

GARDEN FETTUCCINE POMODORO

Zoe Ann Conway

6 oz. dried fettuccine
1 can cut green beans
¼ c. fresh basil
2 cans diced tomatoes with garlic and onion
½ c. shaved Parmesan cheese

Cook pasta according to package directions; drain. Bring undrained tomatoes to boil in large skillet; reduce heat and simmer, uncovered, 5 minutes, or until slightly thickened. Add green beans, cooked pasta and basil; heat through. Serve with Parmesan cheese. Garnish with fresh basil, if desired.

RO-TEL KING RANCH CHICKEN

Zoe Ann Conway

¼ c. margarine
1 med. onion, chopped
1 (10-oz.) can extra hot or milder Ro-Tel
1 (10¾-oz.) can cream of chicken soup
2 c. cubed, cooked chicken
12 corn tortillas, torn into bite-size pieces
2 c. (8 oz.) shredded cheddar cheese
1 med. green pepper, chopped
1 (10¾-oz.) can cream of mushroom soup

Preheat oven to 325°. In a large saucepan, cook pepper and onion in margarine until tender, about 5 minutes. Add soups, Ro-Tel and chicken, stirring until well blended. In a 13 x 9 x 2-inch baking pan, alternately layer tortillas, soup mixture and cheese, repeating 3 layers. Bake 40 minutes, or until hot and bubbling. Makes 8 servings.

LAURA PEARL'S VEGETABLE SOUP

Mary Arnett

1 lb. lean ground meat
1 sm. onion, chopped
1 (46-oz.) can tomato juice
1 (16-oz.) pkg. frozen vegetables
½ tsp. sugar
Dash Tabasco sauce
Salt and pepper to taste

Brown ground beef in Dutch oven with chopped onion. Drain excess grease. Add tomato juice, sugar, dash Tabasco sauce, salt and pepper. Cover and simmer over low heat for 1 hour. Add mixed vegetables about 15 minutes before cooking time is complete.

RACHEL'S JACKSONVILLE FRIED GREEN TOMATOES

Mona Anderson

6 med. to lg. green tomatoes
4 eggs
1 tsp. pepper
Vegetable oil
1 tsp. salt
Gold Medal flour mix

Slice tomatoes about ¼ inch or desired thickness. Beat together 4 eggs, salt and pepper until frothy. Dip sliced tomatoes into batter, then into flour mix. Then fry in skillet of semi-hot oil. Fry until golden brown on both sides. When done, spread tomatoes and drain on paper towel. Serves about 6.

JACKSONVILLE'S TOMATO GUMBO BY RACHEL

Mona Anderson

1 lb. ground lean hamburger meat
5 whole med. cored ripe tomatoes
1 med. onion, chopped
3 sticks chopped celery
1 can V8 juice
1 can green beans
1 pkg. romaine noodles
Salt and pepper to taste
1 peeled garlic pod
¼ c. vegetable oil
1 can whole kernel corn
1 pkg. frozen mixed vegetables, thawed

Cook in large pot the meat, tomatoes, onion, garlic and celery; add oil. Cook until meat is well done. Then add V8 juice, corn, beans, mixed vegetables, noodles, salt and pepper. Cover ingredients with water. Simmer to medium. Cook for about 45 minutes, until desired doneness. Check occasionally. Do not let water boil dry. Serves a large number.

SWEET & SOUR TOMATO ASPIC

Mrs. Philip Pavletich

6 c. V8 juice
6 chunks green bell pepper
3 dashes soy sauce
3 (3-oz.) boxes lemon Jello
1½ c. diced celery
1 c. sliced black olives
2 avocados, cut up
¾ c. mayonnaise
¾ c. sour cream

Bring olives and V8 to a boil with green pepper and soy sauce. Remove pepper and season juice with salt and pepper. Pour over Jello and stir well to dissolve. Add celery, olives and avocado. Chill slightly, then pour into molds greased with mayonnaise. Serve with a mixture of mayonnaise and sour cream as a dressing. Makes 20 to 25 molds.

MEXICAN SALAD

Dianna Morgan

1 onion
4 tomatoes
1 head lettuce
4 oz. grated cheddar cheese
8 oz. French dressing
2 c. Dorito chips
1 lb. ground beef
1 (15-oz.) can kidney beans, drained
¼ tsp. salt

Chop onion, tomato and lettuce; put in large bowl. Toss in cheese and dressing. Crunch and add chips. Brown ground beef. Add kidney beans and salt, then simmer for 10 minutes. Mix into cold salad and serve.

CHILI SOUP

Dianna Morgan

2 onions, chopped and placed in lg. pan, greased
2 green peppers, diced

Add to onions:

2 lbs. hamburger

Add to above and brown well:

2 T. chili powder
1 lg. can tomato juice
1 regular size can kidney beans
1 sm. can herb tomato sauce

Add spaghetti as desired. Add ⅛ ounce water and cook 1½ to 2 hours on low heat. Serve.

SPAGHETTI SALAD

Dianna Morgan

1 lb. spaghetti
1 (8 oz.) Italian dressing
1 bottle McCormick Salad Supreme
1 sm. onion
Mushrooms
1 sm. tomato
1 tiny cucumber

Cook spaghetti and drain. Cut up vegetables. Mix all above ingredients together. Chill. Great for summer.

FRIED GREEN TOMATOES

Judy Johnson

4 lg. green tomatoes, about 2 lbs.
¼ c. sugar
¾ c. all-purpose flour
1 tsp. salt
⅛ tsp. pepper
3 T. bacon drippings
6 T. vegetable oil

Slice tomatoes into ¼-inch thick slices. Layer in a deep dish, sprinkling each layer with sugar. Let stand 1 hour. Drain and keep sugar liquid. Combine flour, salt and pepper in shallow dish and coat tomato slices in mixture. Heat bacon drippings and oil in large skillet over medium heat until hot. Cook tomato slices on both sides until golden brown, 2 to 3 minutes. Drain on paper towels. Add sugar liquid to leftover drippings

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in a skillet. Cook about 1 minute, stirring constantly. Drizzle over sliced tomatoes. Serves 4 to 6.

TUNA & TOMATO JUICE SALAD

Mary Jane Lowry

2 T. gelatin
½ c. cold water
2 T. lemon juice
2 tsp. celery salt
¼ c. bell pepper
¼ c. green olives
2 T. grated onion
2 c. tomato juice
1 T. salt
¼ c. diced celery
2 sweet pickles, chopped
1 can tuna

Mix all ingredients together except gelatin. Mix gelatin in separate bowl. When gelatin is cool, add the other ingredients and mold.

Recipe Favorites

Pies, Pastry & Desserts

Favorite Recipes

Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.

- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Next time you're making pie, pull out the required crusts.

- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.

- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.

- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.

- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.

- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a clean toothbrush.

- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.

- When cutting up dried fruit, it sometimes sticks to the blade of the knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.

- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.

- When cutting butter into flour for pastry dough, the process is made easier if you cut the butter into small pieces before adding it to the flour.

PIES, PASTRY & DESSERTS

SWEET TOMATO & BREAD PUDDING

Laurie Brown

1 c. packed light brown sugar
1 c. tomato purée
2 c. cubed firm French bread
¼ c. melted unsalted butter
Creme Fraiche

Heat oven to 325°. Stir the sugar, tomato purée and ¼ cup water together in a saucepan and cook 5 minutes over medium-low heat, stirring occasionally. Toss the bread cubes with butter in a 1-quart ovenproof casserole. Pour the tomato mixture over the bread and let set 15 minutes. Bake 50 minutes. Cool and serve small portions with a spoonful of Creme Fraiche. Serves 4 to 6.

TOMATO SOUP-SPICE CAKE

Anna Hill

2 c. sifted flour
3 tsp. baking powder
½ tsp. ground cinnamon
½ tsp. ground cloves
½ tsp. ground nutmeg
½ c. raisins
⅓ c. chopped walnuts
½ c. shortening
1 c. sugar
¼ tsp. baking soda
1 (10-oz.) can condensed tomato soup

Preheat oven to 350°. Grease and line 9 x 9-inch pan with waxed paper. Sift dry ingredients together except soda. Mix fruit and nuts with part of the flour mixture. In large bowl, thoroughly cream shortening and sugar. Add eggs, one at a time; beat until light and fluffy. Stir soda into tomato soup until dissolved. Add alternately to batter with flour. Mix until smooth after each addition. Stir in the floured raisins and nuts. Pour into pan. Bake 30 to 35 minutes. Let cool 5 minutes in pan. Frost with caramel or cream cheese frosting.

TOMATO JUICE-CRUMB CAKE

Anna Hill

2 c. flour
1 c. sugar
⅔ c. butter or margarine
1 tsp. soda
1 tsp. cinnamon
1 tsp. cloves
1 c. tomato juice
1 egg
1 c. raisins
1 c. currants or nuts

Mix flour and sugar; add butter and rub to fine crumbs. Take out 1 cup of mixture and reserve for the top. Add soda, cinnamon and cloves to tomato juice and add to remaining crumb mixture. Beat egg well and add with fruit and nuts. Turn into greased 9 x 11-inch pan. Spread with

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reserved crumbs. Bake at 350° for 40 to 50 minutes. Cool in pan and cut into squares.

TOMATO-SPICE CAKE

Evelyn Taylor

1 pkg. spice cake mix
1 tsp. salt
1 (8-oz.) can tomato soup
½ c. water
2 eggs

Blend cake mix, salt, soup and water and eggs. Beat at medium speed for 2 minutes. Pour into 2 (8-inch) cake pans. Bake at 350° for 35 to 40 minutes. Cool and frost.

Frosting:

1 (8 oz.) cream cheese, softened
3 c. powdered sugar
1 stick margarine, softened
2 tsp. vanilla
¾ c. pecans
4 oz. coconut

Mix all ingredients together.

This & That

Favorite Recipes

Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.

- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.

- To fix sticking sliding doors, windows and drawers, rub wax along their tracks.

- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.

- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.

- Remove stale odors in the wash by adding baking soda.

- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry and condition with oil before using the pan again.

- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.

- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.

- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.

- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.

- Tin coffee cans make excellent freezer containers for cookies.

- Add raw rice to the salt shaker to keep the salt free-flowing.

- Ice cubes will help sharpen garbage disposal blades.

THIS & THAT

TOMATO GRAVY

Judy Johnson

Bacon drippings
8 to 10 tomatoes, peeled
Salt and pepper

In 10-inch skillet, fry ½ to 1 pound of bacon as desired, saving all drippings in skillet. Remove bacon and add chopped, peeled tomatoes and salt and pepper to taste. Cook on low to medium heat, stirring occasionally, until tomatoes are done and to desired thickness, 30 minutes or so. Serve with bacon and hot fluffy biscuits.

TOMATO-CASHEW CURRY

Cathy Nichols

3 onions, cut in half and sliced
1 to 2 tsp. oil
1 qt. tomatoes
½ c. raisins
1 tsp. curry powder or to taste
½ c. halved or coarsely chopped cashews (may substitute peanuts)

In skillet, sauté onion in oil until golden. Add remaining ingredients except nuts. Simmer 10 to 15 minutes, or until thick. Serve over rice and top with nuts.

TOMATO HOT SAUCE

Terrie Yielding

1 qt. peeled, diced tomatoes
3 c. finely chopped onions
3 c. finely chopped jalapeño peppers, seeds removed to make milder
2 c. vinegar
2 T. canning salt
3 tsp. mustard seed
1 T. black pepper
1 c. sugar (opt.)

Combine tomatoes and vinegar and simmer. Add onions and peppers. Stir in remaining ingredients and simmer about 1 hour, or until tomatoes are well stewed.

TOMATO-AVOCADO RELISH

Terrie Yielding

2 tomatoes, diced
2 avocados, diced (not too ripe)
1 (4-oz.) can chopped mild green chilies, drained
¼ c. lemon juice
1 T. salad oil
1 tsp. sugar
¾ tsp. salt

Combine all ingredients; toss gently to coat well. Cover and refrigerate to blend flavors.

GREEN TOMATO-DILL PICKLES

Mildred Oden

5 lbs. sm. firm green tomatoes
Fresh dill heads or dill seed
Garlic cloves
Whole clove
4 c. vinegar
¼ c. salt
4 c. water

Wash tomatoes and slice ¼ inch thick. Pack tomatoes loosely into hot quart jars, leaving ½ inch head space. To each quart, add 3 heads of dill or 2 tablespoons of dill seed, 1 clove garlic and 1 whole clove. In saucepan, combine vinegar, salt and 4 cups water. Bring to a boil. Slowly pour over tomatoes, leaving ½ inch head space. Seal lids. Process in water bath 20 minutes. Makes 5 quarts.

FRESH TOMATO-BASIL DRESSING

Fran Daniel

2 med. size ripe tomatoes
1 clove garlic
2 T. balsamic vinegar
¼ tsp. salt
¼ tsp. cracked black pepper
½ c. olive oil
¼ c. thinly sliced, packed fresh basil leaves

Halve tomatoes crosswise and squeeze gently to remove seeds. Dice half of one tomato and set aside. Place remaining tomato halves in blender or food processor container. Add garlic, vinegar, salt and pepper; cover. Process until smooth. Through feeder tube with motor running, add oil in a slow steady stream until mixture is combined. Transfer to a bowl; stir in basil and the reserved diced tomato. Let stand 1 hour to mellow flavors or refrigerate until ready to use. Makes 2 cups.

CHILI SAUCE

Dona Ralston

18 med. ripe tomatoes
3 lg. green bell peppers
3 lg. red sweet peppers
6 lg. onions
2 c. cider vinegar
1 c. sugar
3 tsp. salt
3 tsp. cinnamon
1 tsp. ground cloves
2 tsp. ginger
1 tsp. allspice
3 tsp. celery seed

Scald and peel tomatoes and cut in small pieces. Use grinder or food processor to chop onions and peppers fine. Add all ingredients together. Simmer slowly until thick, about 2 hours or more. Taste for salt and sugar. Pour into sterilized pint jars and seal. Makes 4 pints.

GREEN TOMATO PICKLES

Bobbie McGregor

1 gal. green tomatoes, cut in quarters
1 qt. chopped onion
1 c. hot peppers (green and red)
1 qt. vinegar
5 c. sugar
½ c. salt or less

Mix sugar, salt, vinegar and peppers. Bring this to a boil. Add tomatoes and bring to second boil. Set aside. Pack in hot sterilized jars and seal.

MAMA'S TOMATO CATSUP

Joyce Barber

1 gal. tomato juice
½ pt. vinegar
2 c. sugar
2 lg. diced onions
2 tsp. black pepper
1 tsp. cloves
1 tsp. allspice
1 tsp. red pepper
1 T. mustard
2 T. salt

Combine all ingredients in a large pot and cook until desired thickness. Stir occasionally. If desired, spices and onions are cooked in cloth bag and removed after cooking all other ingredients.

HOT SKOTCH RELISH

Helen Wade

3 qt. chopped ripe tomatoes
4 onions
1 sweet pepper
3 to 4 hot peppers
1 to 2 tsp. red pepper
1 c. sugar
¾ c. vinegar
1½ T. salt

Chop onions and peppers and add to chopped tomatoes. Add red pepper if you like it hotter. Add other ingredients and cook until thick, or until amount of ingredients is reduced to half the original amount. Put in jars and seal.

TOMATO PRESERVES

Helen Wade

2 lbs. firm ripe tomatoes
1 lb. sugar
½ lemon, cut in sm. pieces
1 pkg. Sure-Jell

Blanch tomatoes; remove peeling. Bring to boil. Add sugar, Sure-Jell and lemon. Boil slowly 5 minutes. Skim off foam with wooden spoon. Place in small jars. Allow 2 weeks before eating.

TOMATOES & GRAVY

Helen Wade

Sliced, fresh homegrown tomatoes
Chicken or steak
Flour
Milk
Salt and pepper

Fry chicken or steak. Remove and reserve 3 to 4 tablespoons grease in skillet. Pour in about ½ cup flour and brown. Add about 1 cup milk. Continue stirring while cooking on slow heat. Add salt and pepper to taste. Continue adding flour and milk until desired thickness or amount. The longer it cooks, the thicker it gets! Serve hot on the fresh tomatoes! Delicious!! Try it!!

SWEET TOMATOES

Helen Wade

Peeled, fresh homegrown tomatoes
Sugar to taste

Peel fresh tomatoes. Cut in chunks. Add sugar for desired taste. Chill.

Hint: The redder the tomato, the better the taste. Yummy! Good cool summertime dish.

TOMATO MARMALADE

Helen Wade

1 qt. ripe tomatoes
1 lemon
2 oranges
2 lbs. sugar

Peel tomatoes and measure, firmly packed. Place in saucepan and simmer. Peel lemon and oranges and add pulp to tomatoes as soon as they come to a boil. Cut rind in narrow strips and add. Add sugar. Stir constantly until rinds become transparent. Pour into ½-pint jars. Seal with paraffin.

FIRE LOGS

Rose Mary Banks

4 lbs. copper sulfate
3 lbs. rock salt
5 gal. water
Newspapers to measure 3 to 4 inches

Dissolve copper sulfate, rock salt and water together in a 5-gallon crock (old churn). Wrap old papers tight and tie them to make a log about 3 to 4 inches. Soak in solution and then dry.

TOMATO PRESERVES

Della Mae Kinney

Firm, sm. yellow or red pear-shaped tomatoes

Wash and drain. If a preserve without skins is desired, dip tomatoes into boiling water, then into cold water and remove skins before starting the preserving process. The tomatoes must be handled with extra care to prevent their breaking. To each pound of tomatoes, allow:

¾ c. water
¾ lb. sugar
¼ c. lemon, thinly sliced
1 piece gingerroot

Boil the lemon 5 minutes in part of the water. Boil the remainder of water with the sugar 5 minutes to make syrup. Add tomatoes, gingerroot, lemon and the liquid in which the lemon was cooked. Boil until the tomatoes are clear and the syrup is thick. Remove the scum, then pour the preserves into hot sterilized jars and seal. Recipe from 1945 cookbook.

Recipe Favorites

Recipe Favorites

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Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.

2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.

3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.

4. When making a roast, place dry onion soup mix in the bottom of your roaster pan. After removing the roast, add 1 can of mushroom soup and you will have a good brown gravy.

5. For a juicier hamburger, add cold water to the beef before grilling (½ cup to 1 pound of meat).

6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.

7. To keep cauliflower white while cooking, add a little milk to the water.

8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.

9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen overnight.

10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.

11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.

12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.

14. Use greased muffin tins as molds when baking stuffed green peppers.

15. A few drops of lemon juice in the water will whiten boiled potatoes.

16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.

17. Do not use metal bowls when mixing salads. Use wood, glass or china.

18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.

19. Do not use soda to keep vegetables green. It destroys Vitamin C.

20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.

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Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts, ¼ teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

Basil Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

Bay Leaves Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

Caraway Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

Chives Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

Cilantro Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

Curry Powder Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

Dill Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

Fennel Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

Ginger A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

Herbs & Spices

Marjoram May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

Mint Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots, and fruit desserts.

Oregano Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

Paprika A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

Parsley Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

Rosemary Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

Saffron Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.

Sage Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

Tarragon Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

Thyme Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

Baking Breads

Hints for Baking Breads

1. Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.

2. Instead of shortening, use cooking or salad oil in waffles and hot cakes.

3. When bread is baking, a small dish of water in the oven will help keep the crust from hardening.

4. Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.

5. Small amounts of leftover corn may be added to pancake batter for variety.

6. To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.

7. When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

Rules for Use of Leavening Agents

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.

2. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, 2 cups freshly soured milk, or 1 cup molasses.

3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

Proportions of Baking Powder to Flour

biscuits .....to 1 cup flour use 1 1/4 tsp. baking powder
cake with oil .....to 1 cup flour use 1 tsp. baking powder
muffins .....to 1 cup flour use 1 1/2 tsp. baking powder
popovers .....to 1 cup flour use 1 1/4 tsp. baking powder
waffles .....to 1 cup flour use 1 1/4 tsp. baking powder

Proportions of Liquid to Flour

drop batter .....to 1 cup liquid use 2 to 2 1/2 cups flour
pour batter .....to 1 cup liquid use 1 cup flour
soft dough .....to 1 cup liquid use 3 to 3 1/2 cups flour
stiff dough .....to 1 cup liquid use 4 cups flour

Time and Temperature Chart

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

Baking Desserts

Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

Perfect Pies

1. Pie crust will be better and easier to make if all the ingredients are cool.

2. The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.

3. Folding the top crust over the lower crust before crimping will keep juices in the pie.

4. In making custard pie, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

5. When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

Perfect Cakes

1. Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.

2. Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.

3. After removing a cake from the oven, place it on a rack for about five minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.

4. Do not frost cakes until thoroughly cool.

5. Icing will remain where you put it if you sprinkle cake with powdered sugar first.

Time and Temperature Chart

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°

Vegetables & Fruits

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

Drying Time Table

Fruit	Sugar or Honey	Cooking Time
apricots	¼ c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	¼ c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

Vegetables & Fruits

Buying Fresh Vegetables

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow, or flabby pods.

Buying Fresh Fruits

Bananas: Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.

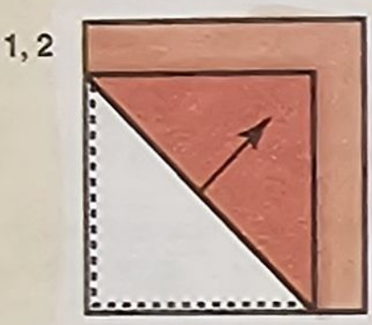
Napkin Folding

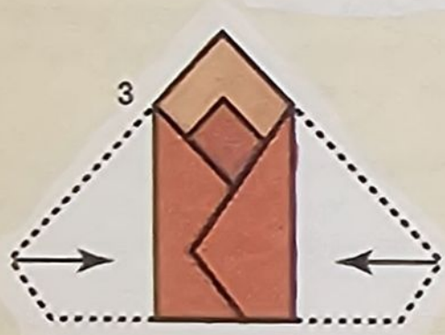
General Tips:

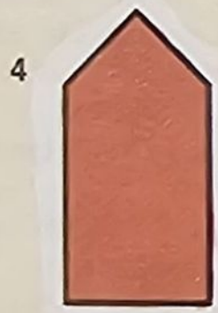
Use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children can help. Once they learn the folds, they will have fun!

Shield

Easy fold. Elegant with monogram in corner.







Instructions:

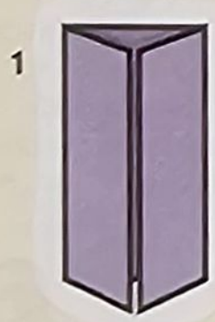
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

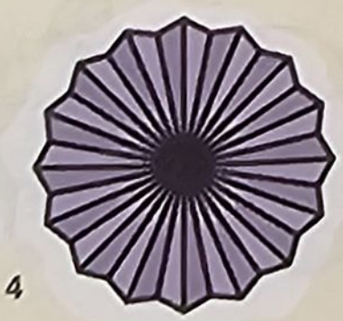
Rosette

Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving ½" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.

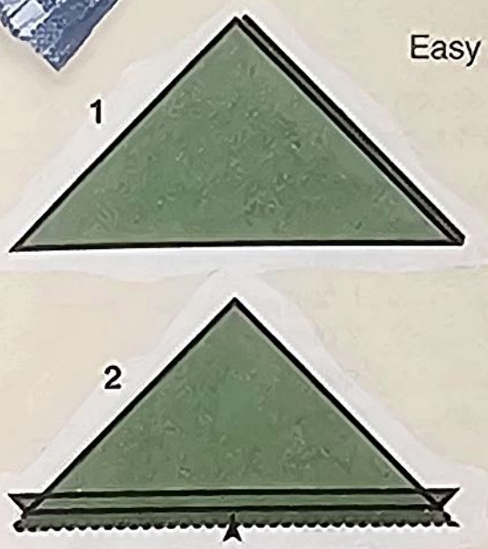




Napkin Folding

Candle

Easy to do; can be decorated.



Instructions:

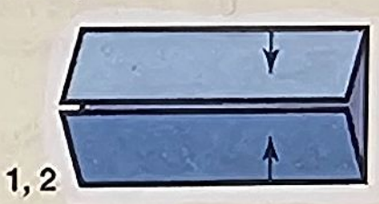
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

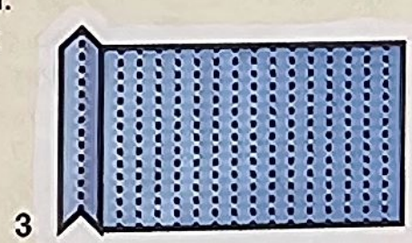
Fan

Pretty in napkin ring or on plate.

Instructions:

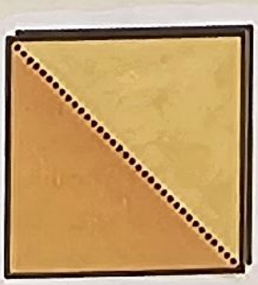
1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.

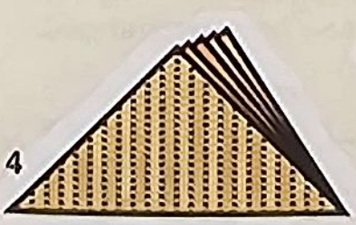




Lily

Effective and pretty on table.





Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

Measurements & Substitutions

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups.
All measurements are level.

Substitutions

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.

Equivalency Chart

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cups

Food Quantities

For Large Servings

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	½ pound and 1 ½ gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 ½ gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 ½ gallons water	1/6 pound and 3 gallons water	⅓ pound and 6 gallons water
Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 ½ pounds	75 pounds	150 pounds
whipping cream	¾ pint	1 ½ to 2 pints	3-4 pints
Ice cream:			
brick	3 ¼ quarts	6 ½ quarts	13 quarts
bulk	2 ¼ quarts	4 ½ quarts or 1 ¼ gallons	9 quarts or 2 ½ gallons
Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 ½ pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 ½ pounds	13 pounds	25 pounds
Salads, casseroles:			
baked beans	¾ gallon	1 ¼ gallons	2 ½ gallons
jello salad	¾ gallon	1 ¼ gallons	2 ½ gallons
potato salad	4 ¼ quarts	2 ¼ gallons	4 ½ gallons
scalloped potatoes	4 ½ quarts or 1 12" x 20" pan	9 quarts or 2 ¼ gallons	18 quarts 4 ½ gallons
spaghetti	1 ¼ gallons	2 ½ gallons	5 gallons
Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	½ pound	1 pound	2 pounds
lettuce	1 ½ heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 ½ quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts

Microwave Hints

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.

2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon, 45-60 seconds.

3. To melt chocolate, place 1/2 pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.

4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.

5. A 4 1/2 ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw!

6. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.

7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.

8. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.

9. To make dry bread crumbs, cut 6 slices of bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.

10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.

11. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.

12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.

13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.

14. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhances the looks and eating quality. Pour in batter and microwave as recipe directs.

15. Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.

16. Heat left-over custard and use it as frosting for a cake.

17. Melt marshmallow cream. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.

18. To toast coconut, spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.

19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.

20. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.

Calorie Counter

Beverages

apple juice, 6 oz. 90
coffee (black) 0
cola type, 12 oz. 115
cranberry juice, 6 oz. 115
ginger ale, 12 oz. 115
grape juice, (prepared from frozen concentrate), 6 oz. 142
lemonade, (prepared from frozen concentrate), 6 oz. 85
milk, protein fortified, 1 c. 105
skim, 1 c. 90
whole, 1 c. 160
orange juice, 6 oz. 85
pineapple juice, unsweetened, 6 oz. 95
root beer, 12 oz. 150
tonic (quinine water) 12 oz. 132

Breads

cornbread, 1 sm. square 130
dumplings, 1 med. 70
French toast, 1 slice 135
melba toast, 1 slice 25
muffins, blueberry, 1 muffin 110
bran, 1 muffin 106
corn, 1 muffin 125
English, 1 muffin 280
pancakes, 1 (4-in.) 60
pumpernickel, 1 slice 75
rye, 1 slice 60
waffle, 1 216
white, 1 slice 60-70
whole wheat, 1 slice 55-65

Cereals

cornflakes, 1 c. 105
cream of wheat, 1 c. 120
oatmeal, 1 c. 148
rice flakes, 1 c. 105
shredded wheat, 1 biscuit 100
sugar krisps, ¾ c. 110

Crackers

graham, 1 cracker 15-30
rye crisp, 1 cracker 35
saltine, 1 cracker 17-20
wheat thins, 1 cracker 9

Dairy Products

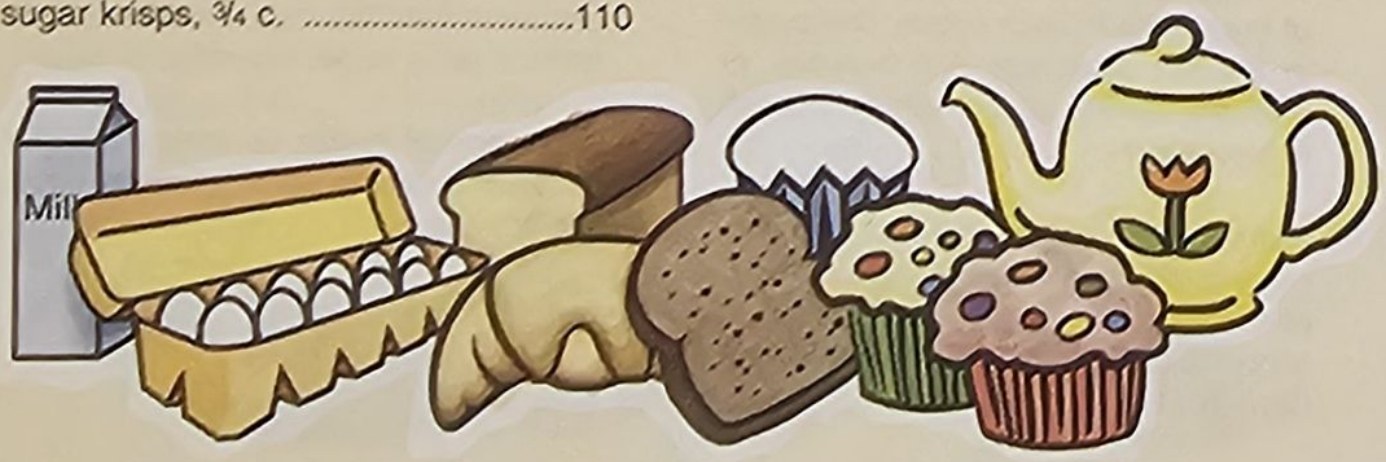
butter or margarine, 1 T. 100
cheese, American, 1 oz. 100
camembert, 1 oz. 85
cheddar, 1 oz. 115
cottage cheese, 1 oz. 30
mozzarella, 1 oz. 90
parmesan, 1 oz. 130
ricotta, 1 oz. 50
roquefort, 1 oz. 105
Swiss, 1 oz. 105
cream, light, 1 T. 30
heavy, 1 T. 55
sour, 1 T. 45
hot chocolate, with milk, 1 c. 277
milk chocolate, 1 oz. 145-155
yogurt
made w/ whole milk, 1 c. 150-165
made w/ skimmed milk, 1 c. 125

Eggs

fried, 1 lg. 100
poached or boiled, 1 lg. 75-80
scrambled or in omelet, 1 lg. 110-130

Fish and Seafood

bass, 4 oz. 105
salmon, broiled or baked, 3 oz. 155
sardines, canned in oil, 3 oz. 170
trout, fried, 3 ½ oz. 220
tuna, in oil, 3 oz. 170
in water, 3 oz. 110



Calorie Counter

Fruits

apple, 1 med. 80-100
applesauce, sweetened, ½ c. 90-115
unsweetened, ½ c. 50
banana, 1 med. 85
blueberries, ½ c. 45
cantaloupe, ½ c. 24
cherries (pitted), raw, ½ c. 40
grapefruit, ½ med. 55
grapes, ½ c. 35-55
honeydew, ½ c. 55
mango, 1 med. 90
orange, 1 med. 65-75
peach, 1 med. 35
pear, 1 med. 60-100
pineapple, fresh, ½ c. 40
canned in syrup, ½ c. 95
plum, 1 med. 30
strawberries, fresh, ½ c. 30
frozen and sweetened, ½ c. 120-140
tangerine, 1 lg. 39
watermelon, ½ c. 42

Meat and Poultry

beef, ground (lean), 3 oz. 185
roast, 3 oz. 185
chicken, broiled, 3 oz. 115
lamb chop (lean), 3 oz. 175-200
steak, sirloin, 3 oz. 175
tenderloin, 3 oz. 174
top round, 3 oz. 162
turkey, dark meat, 3 oz. 175
white meat, 3 oz. 150
veal, cutlet, 3 oz. 156
roast, 3 oz. 76

Nuts

almonds, 2 T. 105
cashews, 2 T. 100
peanuts, 2 T. 105
peanut butter, 1 T. 95
pecans, 2 T. 95
pistachios, 2 T. 92
walnuts, 2 T. 80

Pasta

macaroni or spaghetti,
cooked, ¾ c. 115

Salad Dressings

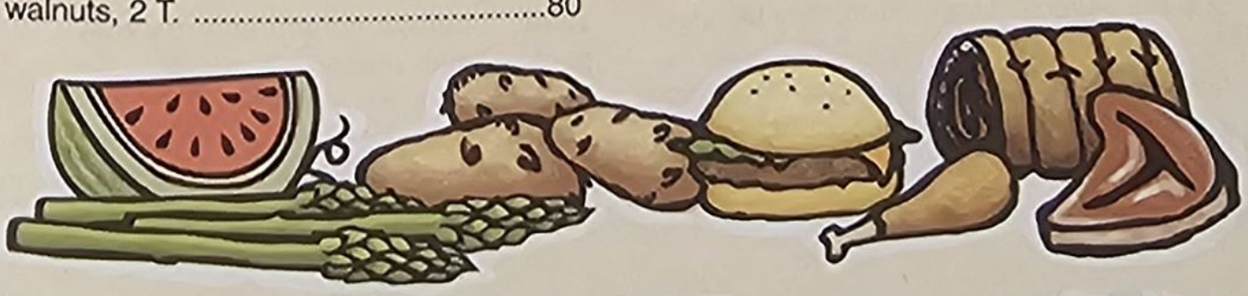
blue cheese, 1 T. 70
French, 1 T. 65
Italian, 1 T. 80
mayonnaise, 1 T. 100
olive oil, 1 T. 124
Russian, 1 T. 70
salad oil, 1 T. 120

Soups

bean, 1 c. 130-180
beef noodle, 1 c. 70
bouillon and consomme, 1 c. 30
chicken noodle, 1 c. 65
chicken with rice, 1 c. 50
minestrone, 1 c. 80-150
split pea, 1 c. 145-170
tomato with milk, 1 c. 170
vegetable, 1 c. 80-100

Vegetables

asparagus, 1 c. 35
broccoli, cooked, ½ c. 25
cabbage, cooked, ½ c. 15-20
carrots, cooked, ½ c. 25-30
cauliflower, ½ c. 10-15
corn (kernels), ½ c. 70
green beans, 1 c. 30
lettuce, shredded, ½ c. 5
mushrooms, canned, ½ c. 20
onions, cooked, ½ c. 30
peas, cooked, ½ c. 60
potato, baked, 1 med. 90
chips, 8-10 100
mashed, w/milk & butter, 1 c. ..200-300
spinach, 1 c. 40
tomato, raw, 1 med. 25
cooked, ½ c. 30



Cooking Terms

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meuniére: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in sugar syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.

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